March 2016 Oklahoma's Award-Winning Magazine for Parents & Families www.tulsakids.com

tulsakids

FOR PARENT[illegible]OR FAMI[illegible]TOR LIFE.



CAN:
MEET SUPERHEROES OF CHILD ABUSE PREVENTION

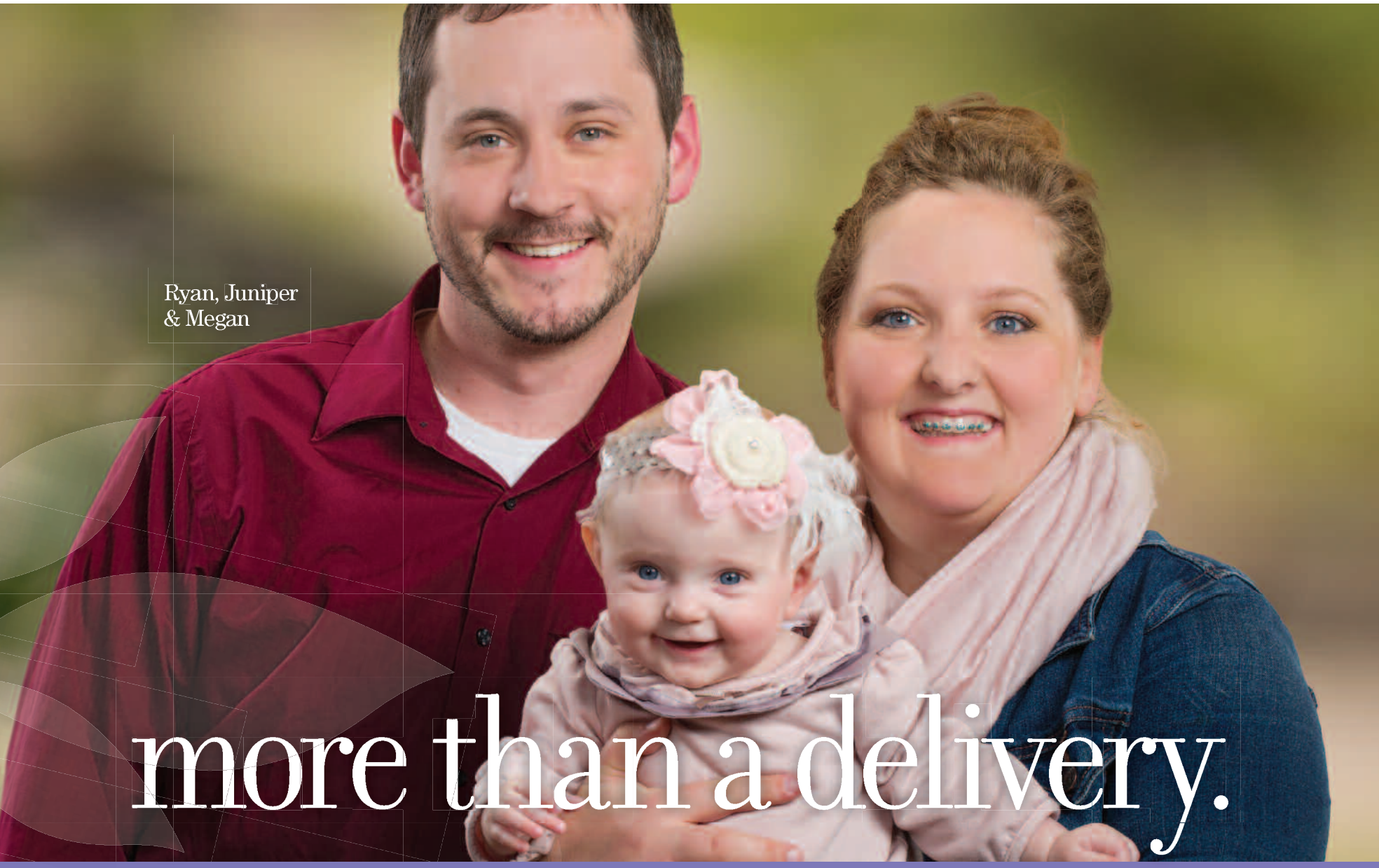
LACROSSE:
A HOT SPORT IN TOWN

GET YOUR HIGH SCHOOL JUNIOR COLLEGE READY

UNDERSTANDING THE ADOLESCENT BRAIN

STEM:
LEARNING IN THE KITCHEN

PEGGY V. HELMERICH
Women's Health Center
@ HILLCREST SOUTH



Ryan, Juniper & Megan

more than a delivery.

Labor of Love Program

You are invited to join the *Peggy V. Helmerich* Women's Health Center Labor of Love program for access to fun pregnancy perks such as free parenting classes and in-hospital amenities. We will even help you find a health care provider and insurance if you don't currently have a health plan.



To sign up or learn more about the Helmerich Women's Center Labor of Love program, visit LaborofLoveOK.com, call 918.579.8085 or e-mail LaborofLove@Hillcrest.com

A diagnosis of high-blood pressure led Megan to be hospitalized several times during her pregnancy. While any complication is stressful, first-time mom Megan found reassurance and comfort in her providers at the *Peggy V. Helmerich* Women's Health Center at Hillcrest South. When it was time to deliver, Megan was surrounded by a supportive team. And when baby Juniper had to spend a few extra nights in the hospital, the team did everything they could to accommodate the family. Megan knows that when it comes time to expand their family, she'll choose Hillcrest South again because of her incredible experience.

To learn more about Megan's life-changing experience at the Peggy V. Helmerich Women's Health Center at Hillcrest South, visit Hillcrest.com.

Hillcrest.com | 918.585.8000

"Like" us on Facebook.

Changing Lives @ HILLCREST

JOIN US FOR MARCH JUMP MADNESS!

THIS IS WHAT HAPPY BIRTHDAY LOOKS LIKE

Make your next party AWESOME!
There's no easier way to throw your kids the best party ever.
Just show up and Sky Zone does the rest.



JUMP AROUND PACKAGE

Includes up to 10 Jumpers + 1 Hour Open Jump Time + 40 Minutes in a Private Party Room + 2 One-Topping Pizzas + 3 Pitchers of Soft Drinks or Water



SUPER JUMP PACKAGE

Includes up to 15 Jumpers + 1 Hour Private Area Jump Time + 40 Minutes in a Private Party Room + 3 One-Topping Pizzas + Unlimited Drinks in Party Room



SUPREME AIR PACKAGE

Includes up to 25 Jumpers + 1 Hour Private Area Jump Time + 40 Minutes in a Private Party Room + 4 One-Topping Pizzas + Unlimited Drinks in Party Room



THIS IS WHAT TODDLER TIME LOOKS LIKE

If they can walk, they can jump! Toddler Time at Sky Zone is a special time just for the little one, where they can explore exciting new ways to be active!

HOURS
Tuesdays & Thursdays
9:30am-11:00am
*Excludes holiday hours

AGE
5 and under

No outside food or drinks allowed.
Parents may walk/stand on pads just pay $2 for socks.





SKY ZONE®
INDOOR TRAMPOLINE PARK

SKY ZONE TULSA
8306 E. 61st St., Tulsa, OK 74133
918-877-7700

Book Your Party or Reserve Your Jump Time Now at skyzone.com/tulsa

All jumpers are required to complete a liability waiver for the specific SZ location they are visiting. Participants under 18 must have a waiver signed by a parent or legal guardian.

Dr. Woodward knows how special Tulsa's only children's hospital is.



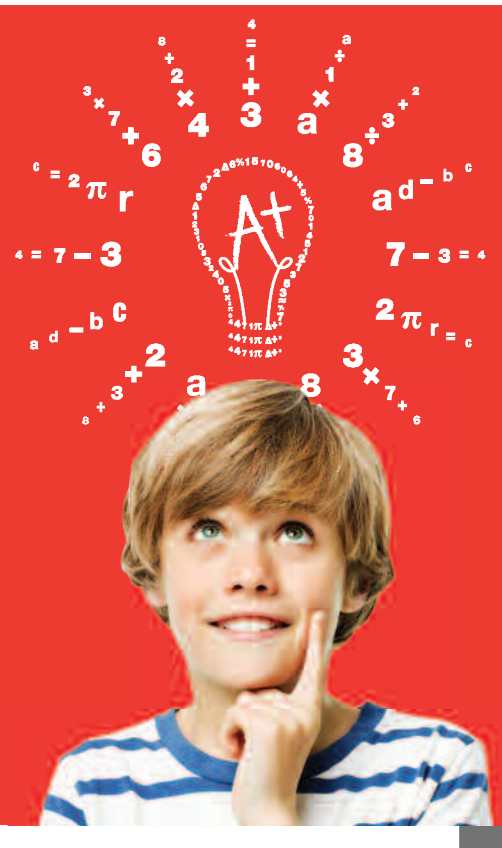
Meredith Woodward, M.D.
PEDIATRIC NEUROSURGERY

As a pediatric neurosurgeon at The Children's Hospital at Saint Francis, Dr. Meredith Woodward cares for children of all ages with specialized needs such as birth defects, head or spinal trauma and neurological conditions. She recently moved from California because she liked what she saw in Tulsa. "I was attracted to Saint Francis because of the organization's dedication to serving the community and the children's hospital is part of that," Dr. Woodward said. With a multitude of pediatric medical specialties and the highest level of neonatal care in the region, the hospital's focus is on family-centered care. "People may not realize what a special place the children's hospital is," she said. "If a child needs specialized healthcare, this is where they need to be."

918-488-6688 | saintfrancis.com/childrenshospital

Healthcare *for* life.

The Children's Hospital at Saint Francis



We make math make sense.

At Mathnasium, we believe that every child has the ability to be successful in math—it's a matter of teaching the way that makes sense to them. When math makes sense, kids excel—whether they're far behind or eager to get ahead.

$50 OFF Assessment!

MATHNASIUM®
The Math Learning Center

Mathnasium of South Tulsa
8032 S. Yale Avenue
NW Corner of 81st & Yale
southtulsa@mathnasium.com

Mathnasium of Broken Arrow
1077 N. 9th Street
North of Lynn Lane & Kenosha
brokenarrow@mathnasium.com

Mathnasium of Owasso
12336 E. 86 Street N.
On 86th, East of 169
owasso@mathnasium.com

MATHNASIUM.COM (918) 574–2222


Lake Ouachita State Park

FIND YOUR
STATE
OF CALM

Lake Catherine and Lake Ouachita are two of the Diamond Lakes in Arkansas's scenic Ouachita Mountains. Each is home to an Arkansas state park. Just minutes from downtown Hot Springs, these parks feature campsites, cabins, marinas, fishing, water sports, trails and programs by park interpreters.


Lake Catherine State Park

Lake Catherine State Park
Hot Springs, Arkansas
501-844-4176
ArkansasStateParks.com/LakeCatherine

Lake Ouachita State Park
Mountain Pine, Arkansas
501-767-9366
ArkansasStateParks.com/LakeOuachita

Arkansas State Parks

ArkansasStateParks.com
My park, your park, our parks
#ARStateParks

Whole Lotta Love.

When you love what you do, people notice. Which is why our patients actually *look forward* to their appointments. From patient perks like awesome monthly giveaways, to our new time-saving Patient Portal, there's a lot to love. Or maybe it's just the extra-special care we show to everyone that comes through our doors?

Call to schedule a check-up today and feel the love.

918.931.7747

onthecuspdds.com

103rd & Memorial, Next to Hideaway Pizza

on the cusp PEDIATRIC DENTISTRY

Dr. Ryan Roberts , DDS MS | Dr. Ashley Orynich, DMD, MPA, MS | Dr. Paul Bonner, DDS







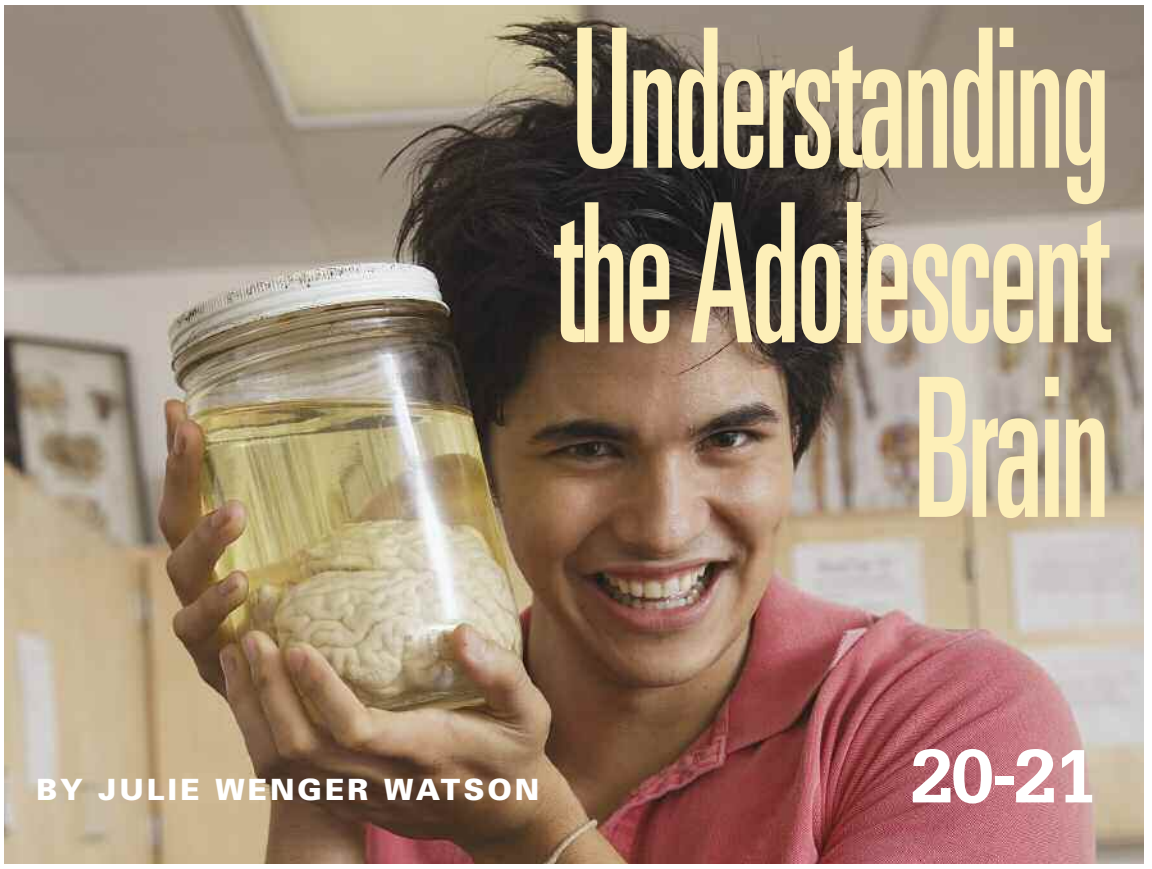
tulsakids

March 2016

what's inside

Volume XXIX, Number 3

www.tulsakids.com



Understanding the Adolescent Brain

BY JULIE WENGER WATSON

20-21



46-47 Cancun's Neighbor, Isla Mujeres: Aquatic Activities for Everyone



22-23 Cascia's Minimester Gives Students a Real-World Experience



14-17 Superheroes of Child Abuse Prevention



26-27 American Indian Festival of Words

SHORTS

6-9 NEWS & NOTES
Events, happenings, news & readers' letters

FEATURES

14-17 SUPERHEROES
Superheroes of Child Abuse Prevention

18-19 COMMUNITY
Shining a Light of Hope: The Little Lighthouse to Get a Little Brighter
by Nikki Cyter Sack

20-21 FEATURE
Understanding the Adolescent Brain
by Julie Wenger Watson

22-23 EDUCATION
Cascia's Minimester Gives Students a Real-World Experience
by Marisa Morgan

IN EVERY ISSUE

10-11 STAGES: Babies & Toddlers
Potty Time!
by Kiley Roberson

12-13 STAGES: Tweens & Teens
College Ready: 5 Tips to Begin the College Search
by Jennifer Fry

24-25 GET COOKING
Delicious Ways to Teach Math & Literacy Skills
by Natalie Mikles

26-27 BOOKS
American Indian Festival of Words
by John Fancher

28-29 GREEN COUNTRY GROWN-UP
Shannon Schroeder: Fashion & Beauty Stylist
by Sheeba Atiqi

30-31 SPORTS
Lacrosse: Old Game Finds New Popularity Across Green Country
by Karen Moult

33-40 OUT AND ABOUT:
CALENDAR OF EVENTS
(Including special spring break and Easter activities)
by Abby Rodgers

42-43 FROM THE HIP
The Hip Mom Delves into the Legend of the Rustic Cuff
by Jill VanTrease

46-47 FAMILY TRAVEL
Cancun's Neighbor, Isla Mujeres: Aquatic Activities for Everyone
by Diane Tritt Eaton

51 I'M A TULSA KID: Aspen Dixon, Broken Arrow High School

editor's note

We Are Young…

I recently saw a Target ad for one of the most amazing inventions known to man – and moms and dads of teenagers – benzoyl peroxide resistant towels! Yes, if you have a teen, you probably recognize those odd, pale orange-ish spots on their towels, pillowcases, sheets, pajamas and clothing. It's not the result of bad laundry techniques – it's benzoyl peroxide! If you're like me, a fan of the minimalist look, switching to all-white everything isn't an issue. But if you like some color in your bed and bath, I thought I'd let you know about these Target bp-resistant items they've been touting. It's too late for me, but not for you. You're welcome.

Moving on. In this issue, writer Julie Watson moves beyond skin eruptions and delves into the adolescent brain. They look like adults, sometimes they act like adults, but are teens really there yet? The experts provide some interesting facts, in addition to ways that parents can interact with their adolescents.

When my kids were teenagers, I enjoyed discussing books (some of the novels and poems they read in high school were new to me, so I was introduced to some good stuff). I tried (really tried, but failed more often than not) to listen and not offer my advice unless I was asked. This is SO. HARD. Because, of course, I'm always right.

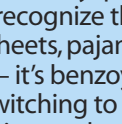
Kidding aside, it turns out that adolescent brains need exercise. Not just physical exercise, but practice with critical thinking and mature decision-making. It's fun to have free-flowing, no-judgment discussions with your teens. You'll probably find them to be interesting, intense and sincere people.

If you're wondering about the Superhero cover, TulsaKids is once again partnering with the Child Abuse Network (CAN) to help promote their Superhero Challenge, coming up on April 3, 2016. This fun event for the whole family has become so popular that is sells out early, so heads-up! And your entry supports those who are helping children who have suffered abuse.

And, it's spring! Well, almost. Spring break is coming, so you'll want to check out our calendar, which includes a special spring break listing. No excuses. You can find something for your kids to do, and something for you to do *with* your kids, in that list. And be sure to visit the online calendar and listings at www.tulsakids.com. If we don't get it in time to put it in print, Abby Rodgers, our amazing web, calendar and social media editor is constantly adding new information and experiences for you.

Speaking of visiting the website, we're asking readers to vote for their Family Favorites once again. The ballot is online.

Visit often, sign up for our e-newsletter and join us on all social media.



If you like to read TulsaKids, you may not know that you can watch us, too! Every Thursday morning on Tulsa's Channel 8, the local ABC affiliate, join Editor Betty Casey on Good Day Tulsa for tips to plan your family's weekend and more. Watch Good Morning Oklahoma on Tuesdays for tips on timely topics and family information you'll want to know.





ON OUR COVER:
THE NEAL FAMILY IS READY FOR THE **CAN SUPERHERO CHALLENGE**.

PHOTO BY: LESLIE HOYT PHOTOGRAPHY

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

PUBLISHER: CHARLES FOSHEE
EDITOR: BETTY CASEY
WEB EDITOR: ABBY RODGERS
ADVERTISING SALES: CAROLINE SHAW, KATHY THOMPSON, CATHY WILKIE
PRODUCTION: DESKTOP DESIGN INC.
COVER PHOTO: LESLIE HOYT PHOTOGRAPHY
DISTRIBUTION: JOAN PEREZ
CONTRIBUTING WRITERS: NIKKI CYTER SACK, JULIE WENGER WATSON, KILEY ROBERSON, JENNIFER FRY, NATALIE MIKLES, JOHN FANCHER, SHEEBA ATIQI, KAREN MOULT, JILL VANTREASE, DIANE TRITT EATON
EDITORIAL ASSISTANT: MARISA MORGAN

TK PUBLISHING inc.

TulsaKids is published monthly by
TK Publishing, Inc.,
1622 So. Denver Ave.,
Tulsa, OK 74119
(918) 582-8504
FAX (918) 583-1366
Website: www.tulsakids.com
©TK Publishing, Inc. 2016.
All Rights Reserved.
Volume XXIX, Number 3
PUBLISHER
publisher@tulsakids.com
EDITOR
editor@tulsakids.com
CALENDAR
(submit by 10th of the month prior)
calendar@tulsakids.com

Articles and advertisements in TulsaKids do not necessarily reflect the opinions of the magazine or TK Publishing, Inc. We do not assume responsibility for statements made by advertisers or editorial contributors. The acceptance of advertising by TulsaKids does not constitute an endorsement of the products, services, or information. We do not knowingly present any product or service which is fraudulent or misleading in nature.

MEMBER OF PMA PARENTING MEDIA ASSOCIATION

COUNSELING & RECOVERY SERVICES RECEIVES SANCTUARY CERTIFICATION

Two-thirds of the population have experienced trauma, according to Beverly Moore, community relations director for Counseling & Recovery Services of Oklahoma, located at 7010 S. Yale. After more than three years of work, Counseling and Recovery Services was awarded certification in the internationally recognized Sanctuary Model of trauma. According to Moore, Counseling & Recovery Services is the only Sanctuary certified mental health center in Oklahoma. "It changed the way we interact with each other and our clients in a very positive way," Moore said.

Sanctuary is a trauma-informed care model that asks "what happened to you?" rather than "what's wrong with you?" "It eliminates the blame and shame of having emotional, behavioral, mental health and substance abuse issues," Moore said. "Client and staff members create a safety plan to help handle triggers for negative behavior and to reshape behavior." Staff professionals also help clients create a "safety plan" to identify five immediate things to do when they find themselves in challenging, stressful or dangerous situations.

Counseling & Recovery Services of Oklahoma staff assess, diagnose and treat emotional, behavioral or substance abuse crises. The mental health center provides services for children and young adults ages 4 to 20, including crisis care, individual and family counseling, behavioral rehabilitation, life-skills coaching, physical and mental health care coordination, psychiatric evaluations and physician medication oversight. Other services include Wraparound Tulsa, which helps at-risk youth and their families; Transportation Services for youth ages 17 to 24 with behavioral health issues; services in schools; and the CALM Center, which provides immediate 24/7 crisis support for children ages 10 to 17 and comprehensive treatment during a short stay. For more information on services and the Sanctuary certification, call 918.394.2256 or visit crsok.org.

DO YOU HAVE AN ABSOLUTELY INCREDIBLE KID?

Celebrating its 20th anniversary, Camp Fire's Absolutely Incredible Kid Day on March 15, 2016 honors children and youth by asking adults to write letters of encouragement and inspiration to the incredible kids in their lives.

Anyone can participate in this simple, yet impactful, act of love and kindness – parents, grandparents, siblings, teachers, coaches, etc. Camp Fire's goal is for every kid in America to receive a letter.

For information or to download free stationery, go to **www.campfire.org.**



MEMBERS OF THE TULSA MIDTOWN CHAPTER OF NATIONAL CHARITY LEAGUE, INC. (NCL), (L TO R) KIM SUSMAN, HEATHER SKEITH, JILL POWERS, SHELLY DRULLINGER, MARIS SUSMAN, EMMA POWERS, MACY AND DARCEY DRULLINGER, VOLUNTEERED AT THE SALVATION ARMY, ANGEL TREE EVENT. NCL WAS FORMED IN 1929 IN LOS ANGELES, CA, AND TODAY HAS 200 CHAPTERS IN 23 STATES. THE MISSION OF NCL IS TO FOSTER THE MOTHER DAUGHTER BOND THROUGH COMMUNITY SERVICE, LEADERSHIP DEVELOPMENT AND CULTURAL EXPERIENCES. THE CHAPTER HAS 275 MEMBERS AND WILL WELCOME ITS PROVISIONAL CLASS OF 2022 IN APRIL.

STUDENTS INVITED TO ENTER BAR ASSOCIATION ART AND WRITING CONTEST

The Tulsa County Bar Foundation/Association is sponsoring a Student Art and Writing Contest with the theme "The Constitution and Rights of the Accused" in honor of Law Day. Cash prizes and recognition of student achievement are awarded for students in pre-k through 12th grade living in Tulsa County. Students in grades 1-12 have both a Writing and Free-Form Art Contest; pre-k and kindergarten children may enter a Coloring and Drawing Contest. Prizes range from $35 to $100.

For information and rules, go to www.tulsabar.com. The deadline for entry is Friday, April 8, 2016. Entries may be delivered or mailed to Student Contest Committee, Tulsa County Bar Association, 1446 S. Boston, Tulsa, OK 74119.

(L TO R) MADAME, PLAYED BY REJOICE CHRISTIAN SCHOOL STUDENT MARIAH ARNOLD, DISCUSSES THE ROYAL BALL WITH DAUGHTERS CHARLOTTE, PLAYED BY AVERY MILLER, AND GABRIELLE, PLAYED BY MIRIAM ARNOLD. ELLA, PLAYED BY GRACE MILLER, LISTENS TO THE DETAILS OF A WORLD SHE THINKS SHE WILL NEVER KNOW. REJOICE CHRISTIAN DRAMA STUDENTS PRESENTED "CINDERELLA" LAST MONTH AS A CULMINATION TO THREE MONTHS' OF PRACTICE UNDER THE DIRECTION OF TEACHER KARA STREET.



continued next page

"CINDERELLA" WALTZES INTO TULSA PAC



"Rodgers + Hammerstein's Cinderella," the 2013 Tony Award-winning Broadway musical, will be dancing onto the Tulsa Performing Arts Center's stage March 29 through April 3. A contemporary take on the classic tale, children and adults alike will delight in memorable moments brought to life – the pumpkin, the glass slipper, the masked ball, plus some surprising new twists!

Introduce your children to Rodgers + Hammerstein's songs such as "In My Own Little Corner," "Impossible/It's Possible" and "Ten Minutes Ago." "Cinderella" is a romantic experience for all ages that you won't want to miss.

For dates, times and ticket information, go to **www.tulsapac.com**. Tickets may also be purchased at the **PAC ticket office at 101 E. Third St. or by calling 918.596.7111.**

advertiser in the news

RENUYOU NEUROFEEDBACK CENTER WELCOMES DR. STEPHANIE CHRISTNER



RenuYou Neurofeedback Center is pleased to announce that Dr. Stephanie Christner, D.O., has joined the center and began work on Feb. 1, 2016. After a one-year internship in family medicine, she completed her four-year residency in psychiatry at the University of Oklahoma in Tulsa. Her continuing medical education has centered around metabolic issues contributing to psychiatric disorders. Dr. Christner provides expertise in treating patients of all ages with services including preventive healthcare and medication management. She has a heart for adolescents and children suffering from mood, anxiety, attention and affective disorders. Her approach is focused on understanding the root cause of these disorders and exploring both natural and conventional treatment options.

After the death of her baby girl in 2009, Dr. Christner began researching the numerous toxins that are contributing to the staggering increase in neurological developmental disorders and the metabolic/brain connection. She is a board member of the National Vaccine Information Center and has served on the FDA's Vaccine and Related Biological Advisory Committee as the consumer representative.

Dr. Christner is passionate about helping people and is excited about working with the RenuYou Neurofeedback Center. "I see neurofeedback as a very effective piece of the puzzle to help my patients achieve peak performance in their health," Dr. Christner said.

Appointments with Dr. Christner can be made by calling the RenuYou Neurofeedback Center at 919.747.7400. RenuYou Neurofeedback Center is located at 4835 S. Fulton Ave., Tulsa.

DON'T MISS IT!

COMING IN APRIL: TULSAKIDS ANNUAL SUMMER CAMPS & ACTIVITIES GUIDE

COMING IN MAY: HOTELS THAT CATER TO FAMILIES • FAMILY TRAVEL

TULSAKIDS MAGAZINE IS YOUR BEST PARTNER IN PLANNING EVERYTHING FOR YOUR FAMILY!

FREE PARENT TRAINING AT THERAPYWORKS

Does your child frequently trip and fall? Does he or she have trouble keeping up with peers, or seem especially uncoordinated? TherapyWorks, located at 7608 E. 91st St., is inviting parent and caregivers to a free, informative training session on movement discoordination, orthotics and more.

Participants will find out if their children are developing appropriately, learn the definition of "uncoordinated, learn about orthotics; and find out if their children might benefit from physical therapy.

The training is Thurs., March 3, 7 p.m. at TherapyWorks, 7608 E. 91st St. There is no cost, but reservations are required. Please call 918.663.0606 x289 or email info@therapyworkstulsa.com to reserve a spot.



Brain Balance™
ACHIEVEMENT CENTERS

Hyperactivity & impulsivity
get resolved at Brain Balance.

"My daughter stays on task now. And smiles from ear to ear."
- ELIZABETH M., PARENT

How it works: The program balances and synchronizes left brain/right brain interaction. The newly strengthened connections improve behavior, social and academic performance.



Brain Balance addresses:
- Lack of Focus
- Impulsivity
- Family Relationships
- Academic, Social or Behavioral Issues

FREE CONSULTATION
1-800-877-5500
VISIT 6022 S. Yale Ave.
CALL 918-488-8991
LEARN MORE brainbalancecenters.com

CURIOUS ABOUT YOUR CHILD'S DEVELOPMENT?

The Sprouts Child Development Initiative can help!

Visit the website below and fill out an online Ages & Stages Questionnaire (ASQ-3), and you'll receive individualized feedback with fun developmental activities unique to your child's age...and it's FREE!

www.sproutsdevelopment.com
918-699-4250

sprouts
Child Development Initiative
nurture. develop. grow.



Spring Break Art Camps at Gilcrease Museum and Zarrow Center

March 14-18
9:00 a.m.-12 p.m. & 1:00 p.m.-4:00 p.m.

5-6 year olds at Gilcrease Museum
7-12 year olds at Zarrow Center

Prices per week are
Half-Day Classes: $100 members; $125 not-yet members

All-Day Classes: $200 members; $250 not-yet members

GILCREASE MUSEUM
Thomas Gilcrease Institute of American History and Art

Register online for classes. TU is an EEO/AA institution.

GILCREASE.ORG



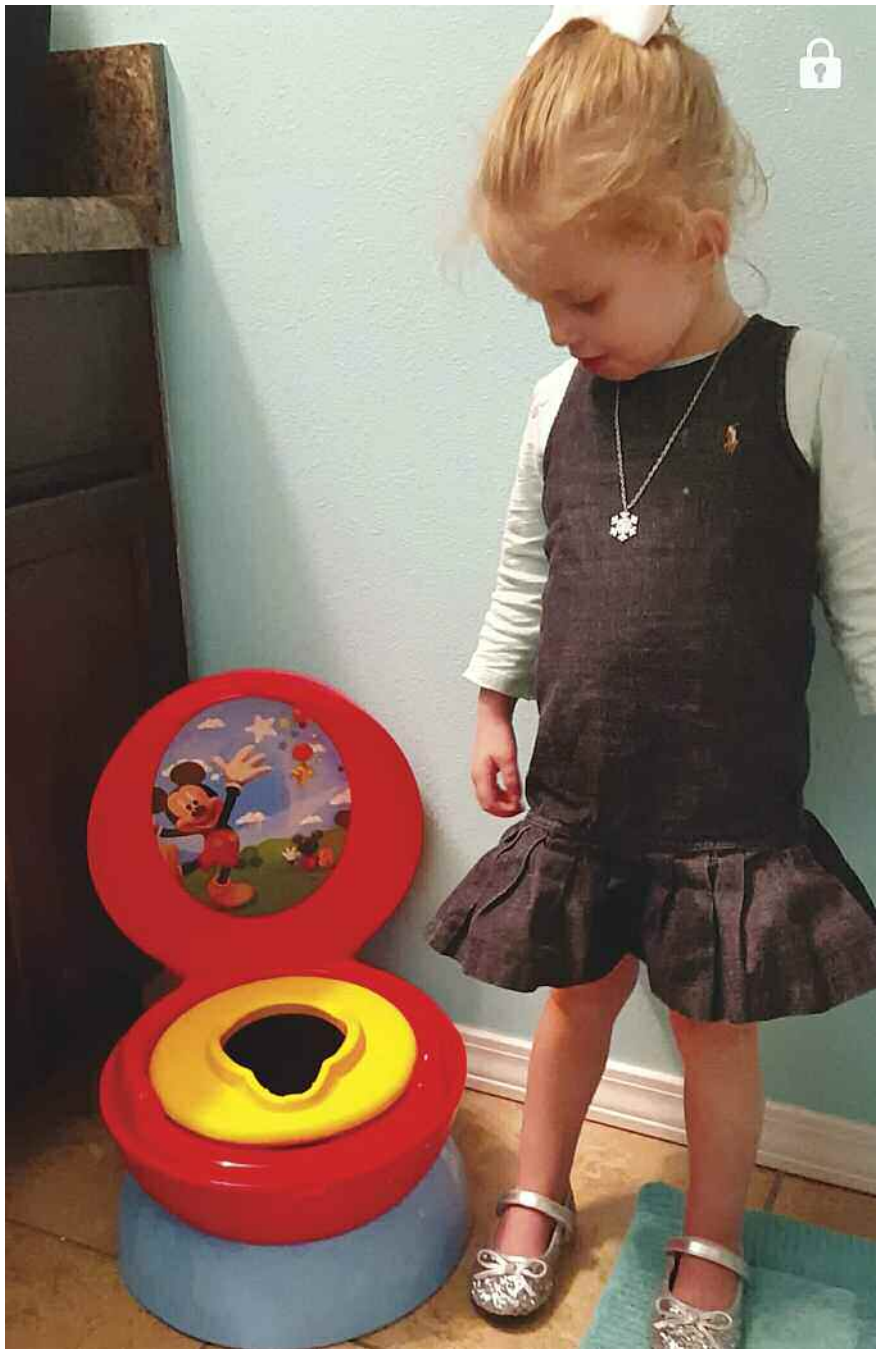
BY KILEY ROBERSON

potty time!

Hammy-down clothes and best friends for life — if your kids have cousins, then you know exactly what I'm talking about. Another positive, if they're spaced out just right, your sibling's kids also get to serve as guinea pigs for your parenting purposes. My daughter and son are three years apart, so some of the stages he's just hitting seem so long ago to me. But the good news, I have a niece who is just a few months older than my son. Bingo!

She is one of my kids' favorite playmates, and she is my refresh button on parenting. Every time she got a tooth, I knew my son wasn't far behind. When she started walking, I knew my son would be toddling around soon too. Well this month she started potty training. Yikes! I don't know if I'm ready for this and with a boy to top it off!

At my son's last check up, I decided to bring the subject up with his doctor. She did say that toilet training is sometimes a bit trickier for boys and for children of working parents since schedules and consistency are keys to success. But she also reminded me that even though we may be ready to potty train, the real issue is if my son is ready. In fact, the American Academy of Pediatrics (AAP) says this is the most common potty training mistake.



PAISLEY EYES HER POTTY CHAIR.

"As parents, we are constantly setting limits and controlling our child's universe to maintain safety and to provide structure in their lives," says Andrew Garner, M.D., Ph.D., FAAP, American Academy of Pediatrics (AAP). "But even the best of parents cannot make them sleep, eat, or eliminate when we want them to! Successful parenting is all about setting developmentally appropriate expectations and then providing enough positive reinforcement and modeling to motivate and reward them."

Parents and caregivers should coordinate positive efforts and focus on rewarding children's successes, while understanding that relapses or accidents are a normal part of the process and may happen when a child is under stress.

So how do parents know when their child is ready for the potty? The AAP says that although there is no set age to begin potty training, most children start to show an interest between the ages of 18 months and 24 months. Some children are not ready until they are 2 1/2 years old, however, so they suggest letting your child's reactions be your guide.

Signs that your child is ready include a desire to use the potty

continued next page

KUMON



WE MAKE YOUR SMART KID EVEN SMARTER!

©2015 Kumon North America, Inc. All Rights Reserved.

Give your child an academic advantage!

Kumon helps accelerate your child's math and reading skills — from as young as age 3 all the way through high school.

SCHEDULE A PARENT ORIENTATION TODAY!

FOR AGES 3+

Kumon Math & Reading Centers of

TULSA - SOUTH • 918-523-6284
91st and Yale
kumon.com/tulsa-south

TULSA - MIDTOWN • 918-523-6284
Utica Square
kumon.com/tulsa-midtown

TULSA - SOUTH CENTRAL • 918-254-5437
61st and Memorial
kumon.com/tulsa-south-central

BROKEN ARROW • 918-251-5384
81st and Aspen (145th)
kumon.com/broken-arrow

include the ability to help dress and undress himself, the ability to follow simple instructions, and a desire to wear "big kid" underwear.

To get the ball rolling, the AAP recommends the following training tactics:

• Decide what words to use to describe body parts, urine and bowel movements. It is best to use proper terms that will not offend, confuse or embarrass anyone.

• Pick a potty chair. They are logistically easier for a small child to use because there is no problem getting onto it and a child's feet can reach the floor. If you use a child-size seat attached to an adult toilet, make sure you provide a stepstool to support the feet so the child can push down during bowel movements.

• Help your child recognize signs of needing to use the potty. If he lets you know after the fact, suggest that next time he let you know before wetting or soiling his diaper.

• Make trips to the potty routine. If you notice the telltale signs, take your child to the potty. Explain what you want to happen.

• Encourage the use of training pants to help your child feel proud, as this is a sign of trust and growing up.

• Be prepared for accidents. It may take weeks, even months, before toilet training is completed.

LOCKARD AND GRIFFIN
ORTHODONTICS
Call to schedule your complimentary orthodontic consultation.
Dr. Thomas J. Griffin, D.D.S., M.S.
Dr. John T. Lockard, D.D.S., M.S.
Broken Arrow I Tulsa
(918) 455-0976
www.lockardgriffinortho.com

Two weeks of festivities, March 5-20!



THREE SISTERS
CELEBRATION

Join us March 5-20 as we plant the "Three Sisters" (beans, corn and squash) in the village. Enjoy traditional games, storytelling, stickball, archery, living history – plus, new exhibits, horticultural tours and butterfly gardens.



Squash, one of the Three Sisters

CHICKASAW CULTURAL CENTER

35 AdventureRoad.com Travel Partner

LEARN ABOUT BUTTERFLIES MARCH 14!

ChickasawCulturalCenter.com • Sulphur, OK • 580-622-7130

BY JENNIFER FRY

college ready: 5 tips to begin the college search

Ask any college admissions experts, and they'll share the most important "buzz words" in the college admissions business today—self-advocacy. Self-advocacy, a term formerly used in relation to special education students regarding the transition from the security of the classroom to independent living, now broadly applies to all students, particularly those engaged in the college search and application process. This process demands that students take action and demonstrate responsibility in advocating for themselves, apart from their parents, teachers and counselors, in preparation for the independent nature of college life. This transition can be especially difficult if students do not possess self-advocacy skills, but rather depend upon adults to take action for them.

Luckily, the college search and application process is the perfect vehicle for allowing students to acquire vital life skills, and the junior year of high school is the perfect time to put these skills into practice by employing the following key steps in navigating the college search process:

1. Students must assume responsibility for their college search by conducting extensive research, utilizing web sites and print resources such as the informative, approachable *How to be Irresistible to Colleges: The Essential Guide to Being Accepted* (Dawson and Herring). This particular book provides an overall understanding of the college search and application process, which has changed a great deal in the past several years. Other excellent resources include *The Fiske Guide, The Princeton Review's Best 380 Colleges, and Colleges that Change Lives*. Students are wise to keep an open mind as they investigate their options and begin to build a profile about what qualities they desire in a college and what type of school constitutes a great 'fit" for them, academically, socially and geographically. The endless options, while exciting, often overwhelm students, but if they begin the research process early, they will more easily discover which colleges offer the optimal fit.

2. Students should study the admissions requirements of the schools that most interest them, and pay close attention to factors such as GPA and standardized test requirements, then plan accordingly. Most schools require that students take the ACT or the SAT, and perhaps SAT IIs (for the more selective schools). Students must make sure that they register for these tests in a timely manner and allow plenty of time to receive the results in case they want to retest and improve their scores. Colleges will expect to receive students' test results when students apply in the fall, so planning ahead is key.

3. Students must strive to earn the best grades possible, in the most rigorous coursework available. While this fact is true for high school seniors as well, it is particularly important for high school juniors, considering that the priority deadline for application for most public universities (and Early Action and Early Decision for selective schools) is November 1. Thus, admissions and scholarship decisions are based upon the student's cumulative GPA earned as of the spring semester of junior year!

4. Successful students also practice their self-advocacy skills by making personal connections with college admissions representatives. Attending college fairs, visiting with college representatives when they visit high schools, scheduling formal college visits, partaking of visitation weekends—all of these important opportunities allow students to become personally acquainted with college personnel. In making personal contacts, students practice their "people skills," while forging valuable alliances. Taking the initiative to introduce themselves, engaging in meaningful conversation, and practicing etiquette in terms of verbal and nonverbal communication—all of these skills have real world applications and help set students apart from applicants who have not developed their self-advocacy skills. It is vital to note that colleges keep track of prospective applicants' "demonstrated interest" and often make admissions and scholarship decisions as such. The power of personal, genuine relationships in the college search and application process cannot be underestimated.

5. Juniors also benefit greatly from building and creating a quality resume. (Actually, the "building" process ideally begins in the freshman year

continued next page

in terms of active engagement in meaningful activities, including volunteering.) Fortunately, formatting a resume is not difficult, given the number of templates available. Most importantly, students' resumes should reflect meaningful achievements and interests. College selection committees, which evaluate hundreds, if not thousands of applications a year, easily spot "serial joiners," individuals who join clubs but contribute little. Students who aspire to be competitive applicants should engage in meaningful community service projects, extra-curricular activities and academic pursuits that demonstrate their authentic passions. The summer between junior and senior year is a perfect time for students to volunteer, participate in internships, or acquire summer jobs—all of which require self-advocacy skills.

Completing these five steps paves the way for successful, informed, effective college application processes in the early fall of the senior year, and helps students successfully navigate the transition to college life and independence. Self-advocacy is key in that process.

Jennifer Fry is owner and operator of College Matters, KS (www.collegemattersks.com), an independent college advisement service. Jennifer taught high school English for 35 years, during which time she also worked as College Advisor for the International Baccalaureate Program at Wichita High School East.





BY BETTY CASEY

Photo Credit: OH Snap! Photography

Superheroes of child abuse prevention

Tulsa's Child Abuse Network, Inc. (CAN), an Oklahoma non-profit, combines all the agencies involved in a child abuse investigation into a multi-disciplinary team in order to reduce trauma for a child who has already experienced trauma. The team comes together at the Children's Advocacy Center to help children in a calm, safe, child-friendly environment. Each team member focuses on a different aspect of the investigation – child welfare, mental health, law enforcement, medical and legal – to address the complexities of child abuse using coordinated strategies.

Here are some of the Superheroes of CAN



David Glanz, LCSW, Child Specialist/Forensic Interviewer

How long have you been working in your current position? I have worked at CAN for 5½ years, doing over 2,700 interviews.

What is your favorite thing about your job? I get to meet and talk to children and young adults every day about the fun things in their life and things not so fun (abuse). I am able to use education, experiences, and evidence-based skills to elicit from children narrative information that can be difficult to recall or talk about due to trauma.

Without giving away a child's identity, do you have a story that particularly sticks in your mind? I recall one 8-year-old girl who shared a particularly painful and damaging experience. After we talked about the abuse and returned to a neutral topic, I asked her if she was ready to return to her guardian. She looked up at me with big eyes and a heartfelt smile and said "Is it ok if we stay in here and talk a little more, I like talking to you." I said "OK" and we spent some more time talking and drew some flowers.

Most people would consider this an emotionally difficult job. How do you get through each day and how do you decompress from the hard cases that you see? Knowing that I help children in tough situations have hope. I try to keep myself healthy, stay rested, have a good sense of humor and spend time with friends and family. And it is OK to cry when your heart is hurting.

What do you want people to know about Child Abuse Network? We are a neutral party and we place the child first.

Why do you do what you do? The children. To help children become more empowered. To help the partner agencies and people to correct the conditions that caused a child to make an outcry. To make sure I do my job correctly so innocent people do not go to jail.



Sarah McAmis, Director of Crimes Against Children for the Tulsa County District Attorney's Office

What is your job at the Children's Advocacy Center and how long have you been doing it?

I supervise a team of Assistant District Attorneys who specialize in the prosecution of Child Abuse Cases. I am responsible for reviewing the Child Abuse police and DHS reports for every agency within our jurisdiction. I then determine whether charges should be filed and, if so, what charges. I believe that it is just as important to decline charges when a criminal case is not warranted or cannot be proven as it is to proceed with a case when the facts demand it. Our criminal cases include Child Abuse Homicides, physical child abuse, sexual child abuse, child pornography, and child neglect. I prosecute all of the Child Abuse Homicides, Shaken Baby Syndrome cases, and the complex and/or higher profile cases from the filing of the Information through jury trial. The remainder of the cases are divided among the other Child Abuse ADAs to handle through jury trial.

I have been a Child Abuse Prosecutor for over 20 years.

What is your favorite thing about your job?

Without any question, my favorite thing about my job is standing up for an innocent child victim and giving that child a voice in the quest for justice. There is no greater feeling than knowing that the person who so

continued next page

horrifically hurt a child will be held accountable. I have no doubt that the Child Abuse murder victims are special angels who are watching over the entire process. I likewise have no doubt that the living victims who are able to speak out in court are empowered by the fact that people listen to them, care, and are willing to fight for them.

Without giving away a child's identity, do you have a story that particularly sticks in your mind?

There are so many stories and so many victims, each of them compelling and tragic. I will never forget J.B. J.B. was only 3-years old when he was violently murdered by his mother's live-in boyfriend. J.B. had been born prematurely and fought against incredible odds to survive. He not only survived, but at 3-years old, he was thriving and absolutely precious. After his mom met the boyfriend on-line and the boyfriend began to babysit J.B., there had been occasions when J.B. had been mysteriously injured while in the boyfriend's care. The boyfriend always had an explanation and the mother and even the non-pediatrician doctors believed the explanations. J.B.'s mom was at work the night that the boyfriend murdered her son. The boyfriend gave ridiculous explanations for the horrific injuries from that night and it became clear that he had let J.B. suffer and had failed to seek medical care when the situation became dire. After the boyfriend was arrested and during the investigation, it was discovered that the boyfriend had previously abused the 6-month-old daughter of a previous live-in girlfriend in nearly an identical manner. Thankfully, that baby survived her injuries. However, the boyfriend was not prosecuted. Had he been, then he would not have been able to murder J.B. The fact that J.B. had fought so hard for life when he was born, only to have his life tragically taken from him when he was only 3, made the case particularly heart wrenching. The fact that doctors had initially missed J.B.'s abusive injuries and the fact that the boyfriend had previously abused another baby and had not been held accountable made the case sickening. In the end, the boyfriend went to prison for life for murdering J.B. I will never forget J.B.'s sweet smile from the photos he had made right before his life was taken. And I know that J.B. is one of the angels watching over all that we do.

Most people would consider this an emotionally difficult job. How do you get through each day and how do you decompress from the hard cases that you see?

There really is no way to leave these cases "at the office" and they are constantly on my mind. There is enormous pressure because if you fail, you feel like you have failed the child. Our team works late nights and almost every weekend and holiday. Every time we are able to get justice for a child, that victory gives us the emotional ability to fight for the next child. No one can truly understand unless he/she is in the field. We are a close-knit team of ADAs and we encourage, support and lean on each other.

What do you want people to know about your agency (TPD, DA's office, OU, DHS)?

I want people to know how proud I am to work with the dedicated, compassionate and talented people at the Tulsa County DA's office. Our team works long hours for little pay and little recognition. We face a constant barrage of attacks from defendants. But we keep coming back with our heads held high because we know that the innocent children are worth every bit of the effort.

Why do you do what you do?

I am a Child Abuse Prosecutor because there are people who do unimaginable things to children. There is an abundance of medical research that demonstrates the long-term physical and emotional consequences that children suffer – sometimes for the rest of their lives – as the result of childhood trauma. If I can hold an abuser accountable and prevent that abuser from impacting the life of yet another child, I will fight all day long to make that happen. To me, there is no greater reward than "Justice."



Shelia Minor-Johnson, Child Advocate/Team Coordinator

What is your job at Child Advocacy Center, and how long have you been doing it? Part of my job is to welcome children and families to the CAC. I distribute packets of information to the parents and explain the process and answer questions. I also identify any family or child that may need additional assistance. I monitor the safety and well-being of the children in the waiting area and conduct exit interviews (and provide follow-up when appropriate). I coordinate all details and collect information needed for the weekly Team Reviews, present case summaries and record information and assist the DA in facilitation of those meetings. I have been here for two years.

What is your favorite thing about your job? Interacting with the children while they are here and being able to make their visit here less traumatic. I along with the volunteer coordinator and our wonderful volunteers may engage the children in a game of checkers or completing a puzzle.

Without giving away a child's identity, do you have a story that particularly sticks in your mind? There are several, but one day there was a set of twin boys along with several other children in the CAC who were playing a game of checkers with me. When the Forensic Interviewer came to ask one of the twin boys to go back for his interview, the brother tried to play it off that he had already gone and that his brother was supposed to go back. The Forensic Interviewer was able to figure it out and knew that she had already talked to the brother. I saw this as a good sign because the young boy was enjoying his time with me that it took his mind off of whatever trauma he was here for.

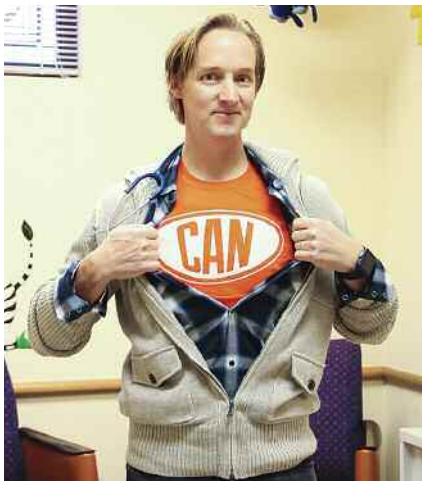
Most people would consider this an emotionally difficult job. How do you get through each day and how do you decompress from the hard cases that you see? I am able to get through the day knowing that a child's path to healing will start once they are able to disclose whatever it is they have had to deal with. I decompress from the really hard cases because as a team we discuss it and are allowed to process. It's always helpful that we laugh with each other and our supervisor encourages us to have self-care, and if we really need to talk, there is a professional that comes periodically to speak with all staff.

What do you want people to know about Child Abuse Network? That our multidisciplinary team is a staff of highly trained professionals that are dedicated to improving the lives of children affected by trauma. I am very proud to be a part of a team that works to improve and protect the lives of children in our community.

Why do you do what you do? I truly believe that our greatest asset as a community is how well we take care of our children. I live by the mantra that 100

continued next page

years from now it will not matter the size of my house, car or bank account, but that the world is a better place because I made the difference in the life of a child.



Dr. Mike Baxter, Child Abuse Pediatrician, OU-TU School of Community Medicine

How long have you with CAC? I have been at the CAC since 2008 (two years of child abuse pediatric fellowship) and faculty since 2010.

What is your favorite thing about your job? Honestly, it is working with children.

It would be the same answer no matter what field of pediatrics I choose to do.

Without giving away a child's identity, do you have a story that particularly sticks in your mind? A 21-month-old boy was here when I was a medical student rotating with the child abuse pediatrician at that time. He had diagnostic signs of physical abuse. After the exam I was holding him and walking around the Center. He had blond hair and green eyes and displayed an attachment to me. I knew that developmentally, bonding with a stranger was not expected. However, his need for positive interaction was emotionally overwhelming. He was placed into a foster family that eventually adopted him. The importance to me is this interaction began my own desire to become not only a child abuse pediatrician but a parent as well.

Most people would consider this an emotionally difficult job. How do you get through each day and how do you decompress from the hard cases that you see?

My relationship with my colleagues with OU as well as the other team members at the CAC is helpful. Outside of work: Listening to my daughter play violin, cuddling with my wife watching The Daily Show, playing soccer each week, running and exercising.

What do you want people to know about your agency (TPD, DA's office, OU, DHS)?

According to the National Child Abuse and Neglect Data System, 678,932 children in the United States were victims of child abuse and neglect in 2013. In addition, there were 15,252 confirmed cases of child abuse in Oklahoma just last year. If a child is lucky enough to survive and be identified as a victim of child abuse, complex and innumerable medical conditions likely exist.

RESPONSE TO THE NEED

For over 20 years, the OU-TU School of Community Medicine Department of Pediatrics has offered a myriad of distinct but integrated services designed to meet the needs of these children through the Team for Children at Risk.

The Team for Children at Risk provides four integrated services for children who are suspected or confirmed victims of child abuse, which are interrelated but each having its own distinct role in serving this population.

They include:

Medical Exams on Suspected Abused and Neglected Children

When a child is treated at the Children's Advocacy Center, Saint Francis Health System, Hillcrest Medical Center or St. John Medical Center, and child abuse/neglect is suspected, one of the Team for Children at Risk's two board-certified child abuse pediatricians are called to perform a medical exam. If needed, the team works with the judicial system to provide medical expertise prior to and during a court trial.

Fostering Hope of Tulsa

Fostering Hope of Tulsa is a medical clinic dedicated to serving northeastern Oklahoma children living in foster care.

Child Abuse Pediatrics Fellowship

The OU-TU School of Community Medicine is accredited by the American Board of Pediatrics to offer a Child Abuse Pediatric fellowship for up to two physicians. The Child Abuse Pediatrics Fellowship will allow the Tulsa campus to train future physicians to become leaders in this field at local, state and national levels.

Medical Legal Partnership for Children

In partnership with Legal Aid Services of Oklahoma this program provides low-income families and guardians of pediatric patients with civil legal services in the areas of income supports; healthcare access; education access and accommodations; landlord/tenant or housing issues; and promotion of family safety and stability.

COMMUNITY IMPACT

Team for Children at Risk provides vital services to an extremely vulnerable population in our state. These children are at a critical age for development and growth physically as well as emotionally. Not only is providing specialized services to address medical and psychological needs in these young people the right thing to do, it also increases their likelihood of becoming productive adults. State and federal funds received for services provided through the Team for Children at Risk covers only a portion of the cost of these services; therefore, private funds supplement state and federal funding in order to provide these crucial services to this vulnerable population.

Why do you do what you do? There is a need for children, families, and the community to have experts in the field of child abuse pediatrics.



Kristi Simpson, Child Welfare Specialist III

What is your job at the Children's Advocacy Center and how long have you been doing it? I have worked for OKDHS for four years, and I have been part of this specialized unit for almost two years. My job is to investigate allegations of abuse and neglect and to ensure child safety. I am one of six investigators housed at the CAC. Our unit operates with a specialized protocol - we typically handle the shocking and heinous abuse/neglect allegations. Keeping children safe is a community effort so we work closely with law enforcement, medical professionals, Child Abuse Network staff, schools, attorneys, and families to obtain the best possible outcomes for our children.

What is your favorite thing about your job? The best part of my job is being part of a system dedicated to helping children and families. Not only do I get to work hands-on with children and families, but I also get to work with an amazing team of people who are committed to the same goal.

Without giving away a child's identity, do you have a story that particularly sticks in your mind? I remember the first child I placed in custody; she was

continued next page

a little girl with complex medical issues and her parents weren't getting her the care she needed. I had been carrying my own caseload less than two weeks and I was only just beginning to understand the complex nature of my job. I will never forget grappling for the first time with the reality that while removal was absolutely the best choice for this child, my involvement with the family would also cause trauma. I realized that in order to make things better, I had to do the difficult work of causing tears and heartache along the way. I was fortunate to stay connected with the family while they worked through the court process. Those parents worked hard to complete their treatment plans, to learn about their daughter's diagnoses and how to treat her, and to establish a safe home for her. It took them nearly two years, but they did it! That little girl is now home with her family and she is doing great. She is healthy and happy; their family is stronger. Happy endings like this carry me through the tough days on the job.

Most people would consider this an emotionally difficult job. How do you get through each day and how do you decompress from the hard cases that you see? Without question, I couldn't survive in this profession without the support of my team- detectives, doctors, ADA's, interviewers, and fellow OKDHS workers. We walk side by side through even the most horrific cases. When one of us hurts, we all hurt. We hold each other up and we stay connected. We spend so much time together that we're really more like family than coworkers. I'm so thankful for all of them. Of course, I have to say that the patience, support, and understanding I receive from my own family keeps me going. I have a child of my own at home and there are many nights I have to say goodnight by phone because I'm still out in the field working. She never gets angry about my work; she tells me that I'm her hero because I'm helping save children. Being praised by co-workers is amazing, but being a hero in the eyes of my child is priceless.



Detective Aubrie Thompson, child crisis detective

What is your job at the Children's Advocacy Center and how long have you been doing it? I am a child crisis detective for the Tulsa Police Department. I have been a police officer for 11 years and 4 years in child crisis.

What is your favorite thing about your job? I truly feel blessed to be a part of a team that allows me to work together to get justice for children who oftentimes have no voice of their own.

Without giving away a child's identity, do you have a story that particularly sticks in your mind? Recently I was the lead detective for two homicides that happened within a week of each other. These cases were two of the most heinous and cruel cases of my career thus far. It is hard to put into words how hard these cases can be to solve, but I'm thankful that I was able to make arrests in both cases and will work tirelessly to get justice for these sweet babies.

Most people would consider this an emotionally difficult job. How do you get through each day and how do you decompress from the hard cases that you see? This job is draining but I feel truly honored that I have been called to stand in the gap between evil and angels. I always tell my children when I'm called in late and away from them that it is my turn to help. It isn't about money or obligation, it is about teaching my children that God provides for us so that I can take my turn to help others. I couldn't do this job without the help and encouragement of my peers, family and friends.

What do you want people to know about your agency? I want people to know that I feel that I work for the best police department in the nation and the brother and sister officers that I have the honor to work alongside. We pride ourselves in serving all of the great citizens of Tulsa to the best of our ability.

Why do you do what you do? I do what I do because I truly feel led by God to do this job. I feel children are true innocent victims that deserve the most care because they are all of our future. I am honored to do so.

CAN Superhero Challenge | 2016

Sunday, April 3, 2016 from 1:00 PM to 4:00 PM (CDT)

Registration Deadlines:

Register by March 4 to guarantee receipt of an event T-shirt!

Registration will close no later than March 22, although we expect to sell out prior to that date.

Course Descriptions:

Sidekick Challenge (Recommended: Any Age!)
Approximately a 1/2 mile run and obstacle challenge that includes jumping, climbing, crawling and trail running.

Heats will begin at 1:00pm and run about every 15 minutes. Please register for the time you would like to run. An accompanying adult may also register to compete with their kids.

Superhero Challenge (Recommended: 11 & up)
Approximately a 1 3/4 mile trail run and obstacle challenge that includes jumping, climbing, crawling, pulling, and throwing.

Races will begin at approximately 1:10 & 2:30pm. Please register for the time you would like to run.

Parking:

Event parking will be at Central High School, 3101 W Edison St., Tulsa, OK

Shuttles will run between Central High School and POSTOAK approximately every 15 minutes from 12:30-4:00pm. Arrive at Central High School at least 45 minutes prior to your heat time.

Individual accommodations for the shuttle can be made for those requiring special assistance. Please contact events@childabusenetwork.org to secure arrangements.

School Challenge:

CAN is awarding $500 to the school with the most participation in either challenge. After event day, CAN will notify the winning school. To acknowledge your school for the contest, please enter your school on the registration form. (Students and adults are eligible to participate for a school.)

Challenge Day Schedule:

12:30pm	Shuttles services starts between Central High School and POSTOAK
1:00pm	Fun Zone Opens
1:00 - 3:30pm	Sidekick Challenge Heats
1:10 & 2:30pm	Superhero Challenge Heats
4:00pm	Fun Zone Closes & last shuttle departs to Central High School

BY NIKKI CYTER SACK

Shining A Light of Hope: The Little Light House to Get a Little Brighter

Imagine a place where young children with special needs find normalcy in the routine of attending preschool. A place that starts the day with circle time and good morning songs - but also incorporates sessions with an extensive team of in-house therapists. Imagine a place where families can learn how to help their children achieve their greatest potential, and can find comfort in knowing they are not alone in their journey. And imagine this place is completely tuition free.

Such a place doesn't actually require imagination at all. Tucked back off the intersection of 36th and Yale, The Little Light House, Inc. has been doing all of this and more for the past 43 years. Welcoming children with special needs ages birth to 6 years through its doors, the school is a nationally recognized developmental center with a Christian faith-based mission at its core.

For Tulsa mom Audra Kahne, a diagnosis of Down syndrome for her son Judah at the time of his birth came with a lot of questions. "When we learned there was a school here in Tulsa that was tuition free that could help us, we were relieved," she said. Judah was placed on the school's waitlist even before he left the NICU.



HEATHER PIONKE, A LEAD SPECIAL EDUCATION TEACHER WHO HAS BEEN WITH THE LITTLE LIGHT HOUSE FOR 10 YEARS, READS TO 3-YEAR-OLD JONAS.
PHOTO CREDIT: ELIZABETH DYER

Now a happy 5-year-old student at The Little Light House, Judah entered the school three years ago unable to walk, feed himself or communicate effectively -- all skills he has honed under the care and attention of his team of teachers and therapy specialists -- an approach the school calls "transdisciplinary."

"His teachers say he is a totally different kid than he was last year," Kahne said. "He has come out of his shell and feels comfortable there." But perhaps best for his proud mom, at The Little Light House he "is himself."

Though The Little Light House is firmly rooted in a Christian mission, the school does not discriminate on the basis of religious orientation. In fact, notes Executive Director Jean Winfrey, children from Jewish, Muslim, Hindu and Atheist families have been welcomed into the community.

Spots at the school are coveted. For the past 20 years, there has only been enough room for 64

continued next page

youngsters and their families. The waitlist for admission is currently at 163 prospective students. Winfrey says that children are accepted for admission to the waitlist on the basis of an application process including an in-person evaluation with the school. Any child with a special need is eligible, she notes, even if he or she has not yet received an official medical diagnosis.

Later this summer, thanks to a brand-new $15 million plus expansion of the campus, 28 more children and their parents will be able to join The Little Light House community for a total of 92 spots. The addition, notes Winfrey, will allow the school to significantly shorten the wait-list that has propelled many parents to sign up their children at the time of in-utero diagnosis.

One such family is the Vandrells, whose daughter Lucy, now 3, was diagnosed with spina bifida before birth. Lucy was placed on the school's waitlist two months before she was born and offered a spot when she was 2 years old.

"We're believers, so it's nice that she can go to a place that is faith-based...where she is not just getting regular education but also spiritual education," said Lucy's dad, Jon Vandrell.

According to Winfrey, The Little Light House is an institution whose approach is unique not only to Tulsa, but to the world. Sixteen local colleges and universities send students to The Little Light House for practical experience in various degree programs including Nursing, Special Education, Social Work, Physical Therapy, Occupational Therapy and Speech Therapy. The school has played host to delegates from more than 24 nations, among them quite a few professionals from China who serve orphanage populations. Faculty conducts summer camps remotely in places as far-reaching as Russia and Estonia. In March, some of The Little Light House teachers will travel to Honduras to work alongside a church.

Another benefit of the expansion will be enhanced facilities for the unobtrusive observation of classrooms. Because of space constraints, the school is currently only able to host 20 observers daily; the new facility will potentially quadruple that number. By exposing more students and professionals to the curriculum, "our goal is to really change the paradigm as to how people look at individuals with special needs," Winfrey said. "We want people to see our kids as typical kids who have the same feelings and desires as [any other child]."

And indeed, in addition to the therapeutic and educational aspects of a Little Light House student's day, there is a great emphasis on building self-esteem. For Dena Marshall's 3-year-old son Roman, who was diagnosed at birth with large melanocytosis nevus (a skin condition), the Little Light House staff provides constant praise and encouragement. Wherever her son goes, Marshall notes, people will pay attention to his physical differences. But at The Little Light House, "they say, 'you are so handsome, you can do anything,'" she said.

But how does The Little Light House do this all free of tuition? "We know in our hearts it is the good Lord," Winfrey said. "We live in a very giving community. Tulsa is known for [its] philanthropic support of many different causes." With estimated costs of $31,000 per child per year, The Little Light House is completely privately funded and also requires families of enrolled children to devote significant volunteer hours.

The Capital Campaign that launched its private phase in 2010 has been hugely successful, says Winfrey, but a balance of $4.5 million remains. The gap money, slated to fund a total update of the original facility and build a sensory garden designed for the children, has a promising start with a pledge grant of $250,000 from the Tandy Foundation. But, it's not the big donations that keep the doors open, she notes, "it's the $10, $15 or $20 per month from people who have been faithfully giving for the last 40 years."

With the opening of the expansion, The Little Light House is preparing to mark an exciting new chapter in its existence. For Winfrey, who has worn many different hats since she began volunteering there in the 1970s, the transformation from a tiny, family-run school to an internationally acclaimed institution is easy to explain. "To look back over the past four decades and to see all that has taken place, in my heart I know it is God," she says.

More

For information on enrolling your child, volunteering or giving to the campaign, call Jean Winfrey, executive director, 918.664.6746; www.littlelighthouse.org

The Garden Party benefiting The Little Light House, Inc.

Sat., April 16, 9:30 a.m. – 12:30 p.m.

Cox Business Center, 100 Civic Center

Tulsa, OK 74103

For information or tickets, visit www.littlelighthouse.org or email msmith@littlelighthouse.org

CHRIST UNITED METHODIST CHURCH
EARLY LEARNING CENTER



8 MONTHS – TRANSITIONAL KINDERGARTEN

DEVELOPMENTAL PRESCHOOL
M–W–F 9:30 — 2:30
Music, Gymnastics, and Bible Buddies
3515 SOUTH HARVARD AVENUE – 743-7673

MAGICAL FAMILY EVENINGS
& Fondue

SPRING BREAK 2016

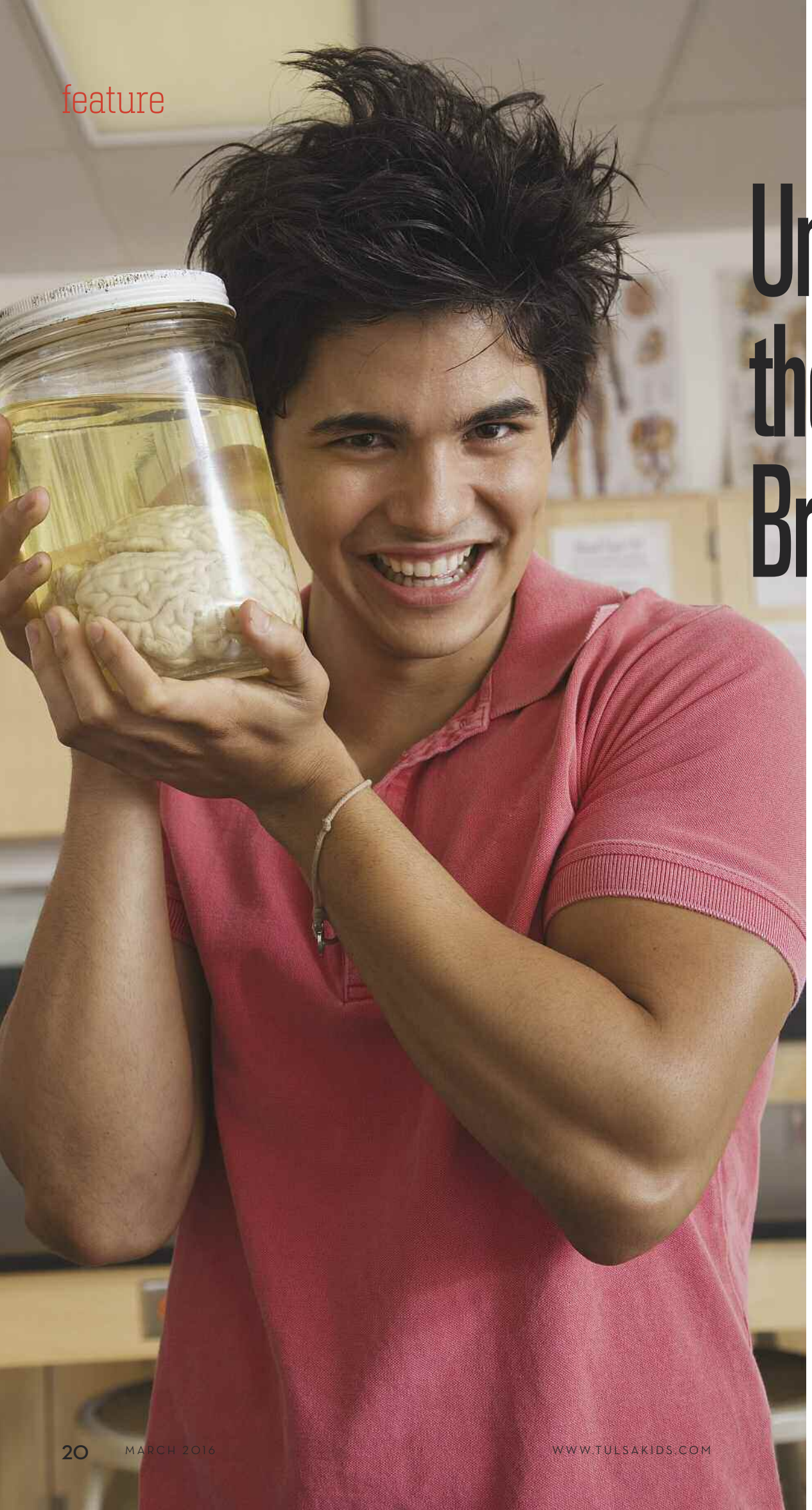


Sunday, March 13
Treat your family to a kid-friendly meal with mystifying magic at your tableside.

ALL WEEK
Choose from the regular Melting Pot menu or feast on our three-course Special Family Menu for $29.95 per adult and $19.95 per child.

The Melting Pot®
a fondue restaurant

RESERVATIONS RECOMMENDED
RIVERWALK CROSSING, JENKS
918-235-1000 • MELTINGPOT.COM



Understanding the Adolescent Brain

BY JULIE WENGER WATSON

Like the proverbial cartoon character with an angel on one shoulder and a devil on the other, your adolescent's often-inexplicable behavior is driven by his or her developing brain. How can your teenage daughter manage to keep up with the minutiae of the intricate social lives of her five best friends but still leave every light on in the house before going to bed? Why does your 16-year-old son think it's a good idea to check his twitter account while backing out of the garage? Despite outward appearances, many of our adolescents' mysterious actions are more a factor of biology than temporary insanity. As a parent, it's helpful to understand that your child is under the influence of a constantly growing and changing command center, and it's really good to know that there are some simple things you can do to help this process along.

"Even though we know quite a bit, there is still more we need to learn," Dr. Martin Paulus, Scientific Director of Tulsa's Laureate Institute for Brain Research (LIBR), explained. "So everything I say, you

>

have to take with a grain of salt because the details are still being worked out."

Dr. Paulus and his colleagues at LIBR are participating in the Adolescent Brain Cognitive Development study, a 10-year national landmark study supported by the National Institute of Health. The study will follow 10,000 adolescents across the U.S. (including 600 from the Tulsa area) with the goal of identifying risk and protective factors that influence the course of mental health during adolescence.

As Dr. Paulus explained, in a simplified way, adolescent brain development involves two, often-competing parts. The frontal lobe, the executive or planning center, begins to develop during early adolescence. It engages in complex reasoning strategies, taking a long-term approach, while the more primitive part of the brain looks at the here and now, focusing on basics such as "How do I improve my chances to mate or engage with my species," Dr. Paulus said. "So you have this interface between the here and now and what's happening in the future; the negotiation between these two, fundamentally different, and sometimes opposing [parts of the brain]."

According to Dr. Paulus, this development is highly dynamic and not uniform from child to child. For a parent, "just knowing that these are the two major things that are developing during this period is important because it can frame how you want to approach this," he noted.

"In a way, the developing executive aspect of the brain provides an incredible opportunity," Dr. Paulus said. This is a time when your child can begin to look at "counterfactual alternatives," the "what-would-have-happened-if" thinking that younger children are not yet able to process. "As the brain develops, adolescents are starting to develop more and more complex patterns of thinking and looking forward," he explained. This is a good time for parents to appeal to and interact with that part of their child's brain.

Dr. Paulus counsels a slow and steady approach for parents and their children. "It's just like when you exercise. If you want to start jogging or biking, you don't go on a marathon right away. You start off easy. That's the same way when you start to appeal to the executive half of the brain," he noted. "You can't have hour-long discussions with a brain that is developing in that way, but you can promote the development of this by repeatedly engaging in short interaction."

Dr. Paulus recommends asking your child about his or her thought process, "What do you think about it? How do you think about it? Just to have the adolescent basically feed back to the parent how they are thinking." In other words, strengthening your child's executive thought process like you would a muscle.

What about the other half of the brain, the more emotional, primitive half? "Acknowledging that this is enormously sensitive to hormonal changes, and that these hormones haven't yet stabilized," is a starting point, according to Dr. Paulus. "There are clearly times when hormones are flying high, and the executive is basically asleep at the wheel, and there are other times when the hormones aren't flaring up," he noted.

So, timing is everything when communicating with your teen. "It's just like trying to engage anybody," Dr. Paulus said. "It's probably not a good time to try to get into a detailed discussion [with your teen] if there are clear indications that the adolescent is flooded with hormones," he laughed.

Sleep, exercise and nutrition are also part of good brain development and are areas that parents can at least offer some guidance. "Sleep is a difficult one," Dr. Paulus acknowledged. "Sleep patterns and wake cycles are intensely changing during this time."

Encouraging your child to exercise is valuable in more ways than one. "Exercise is really important for a number of reasons," Dr. Paulus noted. "There's a concept called 'critical period.' What this means is that the brain essentially has periods where it is better able to process information and change than at other times. What we're beginning to learn is that the door opens and closes, and this opening and closing of the door is induced by different chemicals. What's interesting is that opening the door is induced by a chemical that's intensely released after exercise. So engaging in exercise actually makes the brain more pliable for processing new information." In other words, exercise not only makes your teen more physically fit, it also makes his or her brain more efficient.

"The other element that's really interesting, and that's something that's just beginning to be understood, is nutrition," Dr. Paulus commented. Studies are continuing to show that the human microbiome, the countless microorganisms that live on and in us, has a very significant effect on who we are. What we eat encourages or discourages the growth of different microorganisms. "Basically these creatures constantly communicate with us. They basically send messages that affect how we behave," Dr. Paulus explained.

While it's still early in this field, animal studies "suggest that they [the microorganisms] have a direct effect on how nerve cells form new synapsis or prune synapsis. The implication here is that, by far, the largest number of creatures are in the gut, so the notion here is that you can actively change the microbiome by what you eat and how you eat," Dr. Paulus said. In other words, you really are what you eat in more ways than you might have known. While the specifics of this are not yet clear, early studies suggest a diet with fewer refined sugars and more natural fruits and vegetables promotes a healthier microbiome for brain development.

While much remains to be discovered about how the adolescent mind develops, as parents, it's great to know there are a few things we can do to help our teens along the way. Engaging and appealing to the executive half of their brains, and encouraging regular exercise and good nutrition are great starting points. Understanding the often-competing halves of our child's brain is another. If you'd like more information on this topic, LIBR is sponsoring a series of free lectures, "Healthy Brains for a Healthy Oklahoma". Visit www.laureateinstitute.org for more information.

"...the brain essentially has periods where it is better able to process information and change than at other times. What we're beginning to learn is that the door opens and closes, and this opening and closing of the door is induced by different chemicals."

BY MARISSA MORGAN

Cascia's Minimester gives students a **real-world experience**

It's 6 a.m., which means it is time for Kadriye to scrub in for surgery. She puts on her hair cap, cleans and sanitizes her hands, and watches a new life come into this world in the Gynecology and Obstetrics Unit. Next she meets with patients, listens to their concerns and takes note of them. Then she has to rush back to school to be on time for her AP English class.

Kadirye Hardgett, along with Umang Patel and Brianna Zanders, is doing an internship at St. John's Hospital as a part of Cascia Hall's yearly "minimester," an interim term for Upper School students during the month of January. In keeping with the school's Augustian mission of educating the whole person, the program has been a fixture of the Upper School for more than four decades. This is in an effort to explore the student body's extremely varied interests, in regard to both their future careers and their community involvement. The students take a break from all of their non-AP classes and focus on classes with unique topics such as History of Board Games or Hitchcock Film Studies.



(L TO R) CASCIA STUDENTS KADRIYE HARDGETT AND BRIANNA ZANDERS.

Additionally, once a week the freshman take a field trip to a historical and significant area in Oklahoma, while sophomores go off campus to perform community service at Catholic Charities, Tulsa Community Food Bank, and many other non-profits.

As for the juniors and seniors, they select a career field that they are considering and work there for a few weeks. They are placed all over Tulsa, and even beyond with study abroad projects and out-of-state opportunities.

"There was one girl who went to New York for a month, did her classes online, all for an internship," Patel, a junior student, said. Patel is currently working in the St. John's Emergency Room shadowing two physicians, while Zanders is shadowing one in the cardiothoracic surgical unit.

"I basically just observe surgeries all day," Zanders said. "It's really interesting."

Because the students are working so closely with doctors, they are experiencing real-life situations that require sufficient medical training. "You have to be trained (before observing surgery) on how to scrub in, HIPPA, operating room protocols and stuff like that," Hardgett explained.

It is a real commitment, and the students have to work with the doctors and their schedules to learn as much as possible in one month. "We have to get 30 hours of hospital time, in addition to our AP classes," Patel said.

Though it can be stressful, they all agree it is worth it because of the valuable experience they are gaining.

During Cascia's minimester,

continued next page

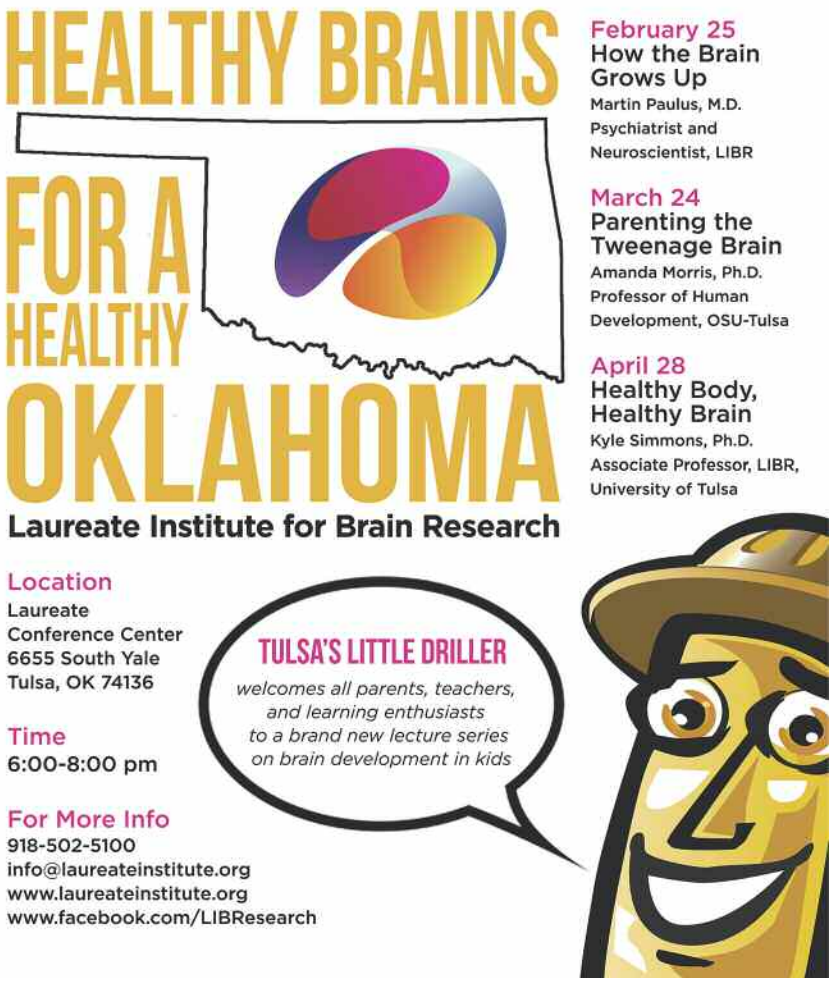
the young people are up close and personal to the procedures they are observing, which can sometimes be difficult for them. "We deal with a lot of patients who are really, really sick. And I've been in there when they thought they were going to lose people, which is really hard," Zanders explained. "But it's part of the job, and it's good to see that part of it and realize it's not all going to be easy."

This kind of real-world experience is what the program encourages, an honest look at a profession, including both the highs and the lows.

Kadriye remembers her best day as a personal experience with a patient who finally realized after months of worry that her twins were going to be born happy and healthy. "She thought she was going to have to have immediate surgery on her babies in Houston," Kadriye said, "but she ended up getting to have them here and seeing how excited and relieved she was made my day and the whole experience."

These hands-on internships have reinforced the students' decisions to pursue medical degrees after high school. They know it is a long road with lots of schooling, but being exposed to it only reminds them of why they want to be doctors.

Hardgett explains, "I really like minimester because I knew I had an interest in medicine, but it was a possibility among many, but after spending two years shadowing, I know I want to do it!"



How to Avoid the March Mayhem…

Do you ever have the feeling that as your kids grow bigger and bigger, your house gets smaller and smaller? Toys are multiplying at rapid speed, dishes are piling up and you just want to yell, "STOP THE MADNESS!!"
It happens.

But, how do you fight off the mayhem? One word. Stability.

And, what's the one area in which we all want to be absolutely stable? Our finances.

Yeah, that sounds great, but how do I get there?

Drumroll….now introducing our **Top 5 Tips for Avoiding the March Mayhem:**

1. Have a payment coming up? Make sure to pay it on or before your due date – this will help protect your credit score and help you qualify for the best rates and terms in the future.

2. Speaking of credit scores – they don't have to be so vague and scary! Try out Credit Karma (it's free!) to track your score. Here, you can see what factors are impacting your credit score and what you can do to make it better.

3. Do you have any credit card balances? Try to pay any of the small balances you may have to eliminate the charges that do nothing but burn your cash (no thanks). Bonus tip: if you have credit cards with larger balances, you can consolidate them into a single loan. These debt consolidation loans almost always have lower rates.

4. Strive to create a three-month cash reserve for those unexpected expenses that seem to appear at the worst times! Need a new set of tires right before your kid's birthday party? No problem!

5. Finally - save, save and save again as much as you can afford into your 401k or IRA account each month. This will pay out BIG TIME in the future.
Ahhhh, do you already feel that stability settling in?
March mayhem? You don't have time for that. As always, extra help is just a click away at ttcu.com.

TTCU is not-for-profit and federally insured by the NCUA. TTCU is in no way affiliated with Credit Karma https://www.creditkarma.com/about/terms.

TTCU® THE CREDIT UNION

SPONSORED CONTENT



BY NATALIE MIKLES

delicious ways to teach **math & literacy skills**

When I pull out a muffin pan and cupcake liners, my kids shout out offers to help.

Lining the muffin pan with liners was their first "job" in the kitchen as toddlers, and it's one they still love today. They loved it because it was fun, not because I told them it was time for "pre-math skills." But don't we as parents love it when we find ways to incorporate math, literacy and science into everyday life?

Give a young child a cookie sheet and 12 cookies, and watch him problem solve as he makes the dozen fit onto the sheet. Or give a first grader a ¼ measuring cup, and tell her you need 1 cup of flour. Watch her little mind do the math.

Patty Banes, director of the Boston Avenue Weekday School, told me the kitchen is one of her favorite places to reinforce math and literacy skills. And, it's something the teachers at her school do with students. Even toddlers can understand math concepts by watching a teacher pour water into two cups, and then ask the question, "Which is the smallest and which is the biggest?"

"It starts very young. Learning begins with real objects and experiences," Banes said. "If you have a square sandwich and a round cookie, you can ask a 2-year-old to identify the circle and square."



COOKING IS PART OF BOSTON AVENUE WEEKDAY SCHOOL'S CURRICULUM.

For parents, those teachable moments may be easier while out running errands than while hurriedly making dinner.

"Parents don't realize how many opportunities they have in a day to make sure their children are learning math and language skills," Banes said.

So, instead of thinking, 'Oh, we haven't done any counting today… I better get out the flash cards,' Banes says to seize the opportunity while you're out living life.

"When you're at the grocery store and see a package of grapes, have the children guess how many are in the package. Then count them when you get home," she said.

Another fun example is for young children to count how many colors of apples they see at the grocery store.

Mealtimes are often crazy at my house, and don't always leave time for teachable moments. Banes said, practically speaking, Saturday mornings are good for carving out time for help in the kitchen with the kids. Let them help you make pancakes, making sure to leave time for scooping and counting, and let older children read the recipe.

"You have more energy in the morning. It's a time when everyone's agreeable. Kids want to help, you just have to take the time to let them," Banes said.

Banes said besides the educational benefit, involving children in everyday tasks has another payoff: creating responsible young adults.

"My girls both love to cook now," she said. "They always helped me sort clothes, set the table. I didn't have to worry when they went off the college, `Will they survive?' They knew how to cook, they knew how to do laundry."

So next time you're making a peanut butter and jelly sandwich, ask your toddler to identify the shape. Cut it in half, and ask her again. Watch her eyes light up when she sees that you just made a new shape.

Let the kids measure, mix

continued next page

and count when making this basic pancake recipe.

SATURDAY MORNING PANCAKES

- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 1/4 cups milk
- 1 egg
- 3 tablespoons butter, melted

Sift together the flour, baking powder, salt and sugar in a large bowl. Make a well in the center, and pour in the milk, egg and melted butter. Mix until smooth. Overmixing will make tough pancakes, so don't beat the batter.

Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

This recipe, from "Cooking Light First Foods," is a great muffin for young children. It has plenty of sweetness, but is steadied with oats and whole-wheat flour. Let your children line those muffin pans, and count the blueberries as they're dropping them in the batter.

BLUEBERRY OATMEAL MUFFINS

- 1 2/3 cups quick-cooking oats
- 2/3 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 3/4 cup packed light brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1 1/2 cups low-fat buttermilk
- 1/4 cup canola oil
- 2 teaspoons grated lemon rind
- 2 large eggs
- 2 cups frozen blueberries
- 2 tablespoons all-purpose flour
- 2 tablespoons granulated sugar

Preheat oven to 400 degrees. Place oats in a food processor; pulse 5 to 6 times until oats resemble coarse meal. Place in a large bowl.

Lightly spoon flours into dry measuring cups; level with a knife. Add flours and next 5 ingredients to oats in bowl; stir well with a whisk. Make a well in center of mixture.

Combine buttermilk and next 3 ingredients in small bowl; stir well with a whisk. Add to flour mixture, stirring just until moist.

Toss berries with 2 tablespoons flour, and gently fold into batter. Spoon batter into 16 muffin cups coated with cooking spray; sprinkle 2 tablespoons granulated sugar evenly over batter. Bake at 400 degrees for 20 minutes or until muffins spring back when touched lightly in center. Remove from pans immediately; place on a wire rack. Serve warm or at room temperature.

The Tulsa Regional STEM Alliance. a program of The Oklahoma Innovation Institute, continues to make science, technology, engineering and math exhilarating, challenging and fun.

Program Director Xan Black shared four ways to experiment in the kitchen using STEM principles.

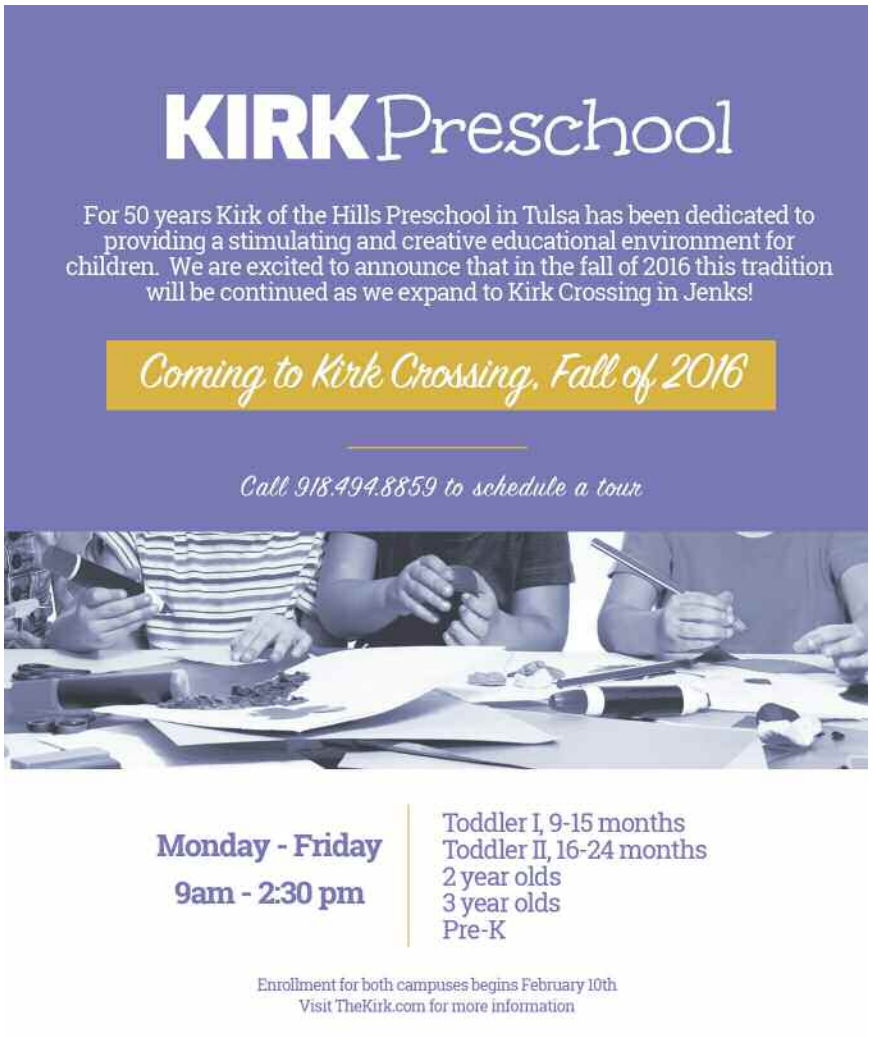
Science – Discuss taste, and how different areas of the tongue detect specific tastes. For older children, explore the chemistry of cooking by mixing acids, spices, fats and sugar to achieve balance of taste.

Technology – Look at the tools you're using to make work in the kitchen easier and food tastier. Make a list of all the technology used in cooking, for example, peelers, blenders, ovens and mixers. If you were going to invent a new kitchen tool, what would it be?

Engineering – Think like an industrial engineer, considering the process and timing of activities to maximize efficiency. What will take the longest to prepare? Will two items fit in the oven at the same time? Which items need to be served hot? Make a plan for the order in which things should be cooked to prepare delicious food.

Mathematics – Cooking offers rigorous and relevant opportunities to explore mathematics. Talk about conversion, such as cups in a pint and quarts in a gallon. Let children measure spices and become familiar with comparative sizes. While grocery shopping, children can estimate what the cost of ingredients would be, and then compare to the actual cost.





BY JOHN FANCHER, COMMUNICATIONS COORDINATOR, TULSA CITY-COUNTY LIBRARY

American Indian **Festival of Words**

Each March Tulsa City-County Library celebrates the contributions of American Indians by inviting families to discover new traditions during a series of free family programs.

The month-long celebration begins with the "Circle of Honor" which recognizes a tribal elder for achievements and contributions that have enriched others' lives.

Sam Proctor, Muscogee (Creek), will receive the honor March 5, 10:30 a.m. at Hardesty Regional Library's Connor's Cove, 8316 E. 93rd St.

Award-winning and internationally acclaimed artist Dana Tiger, Muscogee (Creek), painted a portrait of Sam Proctor and will have prints for sale after his ceremony.

Proctor was born south of Hanna in the Weogufkee community of Oklahoma, the heart of the Muscogee (Creek) Nation, and is a lifelong Oklahoman. He is a descendant of Opethleyahola, one of the great Creek leaders.

Proctor has dedicated his life's mission to encouraging families to incorporate Muscogee (Creek) traditions in their daily routines. He believes that the language and traditions are vital to maintaining a way of life that promotes balance and harmony with family, friends and strangers.

His knowledge of traditional and sustainable agriculture was beneficial in the efforts to establish the Mvskoke Food Sovereignty Initiative in Okmulgee, Okla. in 2007. The purpose of the program is to help the Muscogee (Creek) people and their neighbors in the eight counties that make up the Muscogee (Creek) Nation to improve their health through agriculture, economic development and community involvement.



SAM PROCTOR.

Proctor actively participates as the medicine man of Tallahassee (Wvkokaye) Ceremonial ground, located in rural Okfuskee County. Each summer he participates in the annual Green Corn ceremonies, which is a time of purification, renewal and moving forward. During the ceremony, the central sacred fire is extinguished and its ashes are added to a mound to show the relationship between people and the land. A new fire is lit and its embers are shared with the surrounding hearths of the camps, to begin a new cycle.

Proctor joins in the "Circle of Honor" along with past recipients Charles Chibitty, Wilma Mankiller, Neal McCaleb, Billy Mills, Kirk Kickingbird and Ruthe Blalock Jones.

Many Tulsa City-County Library locations feature family programming throughout the month honoring the cultural achievements of different tribes in Oklahoma. Enjoy these free programs:

Make and Take: Finger Weaving for Beginners, March 12, 1-3 p.m., Glenpool Library, 730 E. 141st St. Taught by Michel Laudermilk. All materials provided. Class size is limited. Call 918.549.7535 to register.

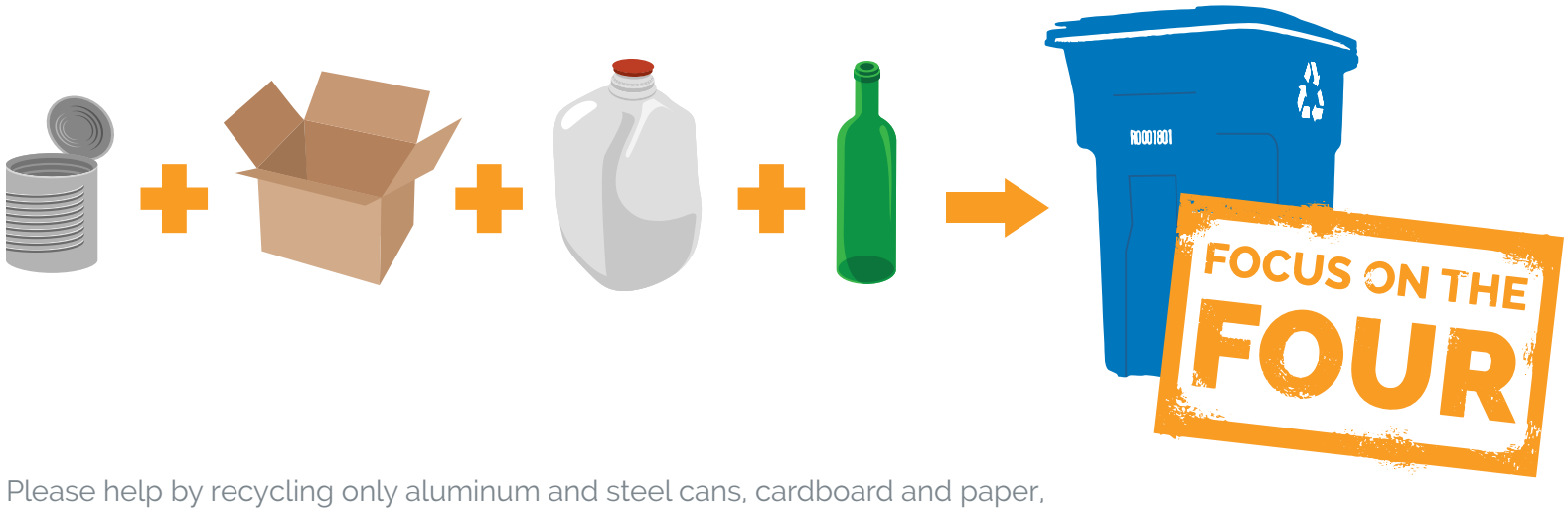
Birds of Honor/Birds of Prey: The Unique and Vital Roles They Play! March 15, 1:30-2 p.m. and 2:15-2:45 p.m., Zarrow Regional Library, 2224 W. 51st St. Enjoy the birds of the Iowa Tribe's Grey Snow Eagle House (Bah Kho-Je Xla Chi). Don't miss this opportunity to see these beautiful birds! Bring your camera.

Make and Take: Cherokee Pottery, March 16, 1-2 p.m., Judy Z. Kishner Library, 10150 N. Cincinnati Ave. E., Sperry. Potter Crystal Hanna will lead a hands-on pottery workshop. Materials provided.

Make and Take: Cherokee Flute Making, March 21, 3-4 p.m., Collinsville Library, 1223 Main. Choogie Kingfisher teaches par-



continued next page



Please help by recycling only aluminum and steel cans, cardboard and paper, plastic and glass jars and bottles in the blue cart. Everything else goes in the gray cart. Thanks, Tulsa!

To learn more about Resource Recovery, including how to dispose of hazardous materials, special pick-ups and other questions, go to **tulsarecycles.com** or call 918.596.9777.

CITY OF Tulsa
A New Kind of *Energy*™



ticipants how to make and use the Cherokee river-cane flute. All materials provided. Call 918.549.7528 to register.

Native Culture Make and Take, March 22, 6:30-8 p.m., Helmerich Library, 5131 E. 91st St. All ages are invited to enjoy this Native Culture Make and Take program featuring the following projects:

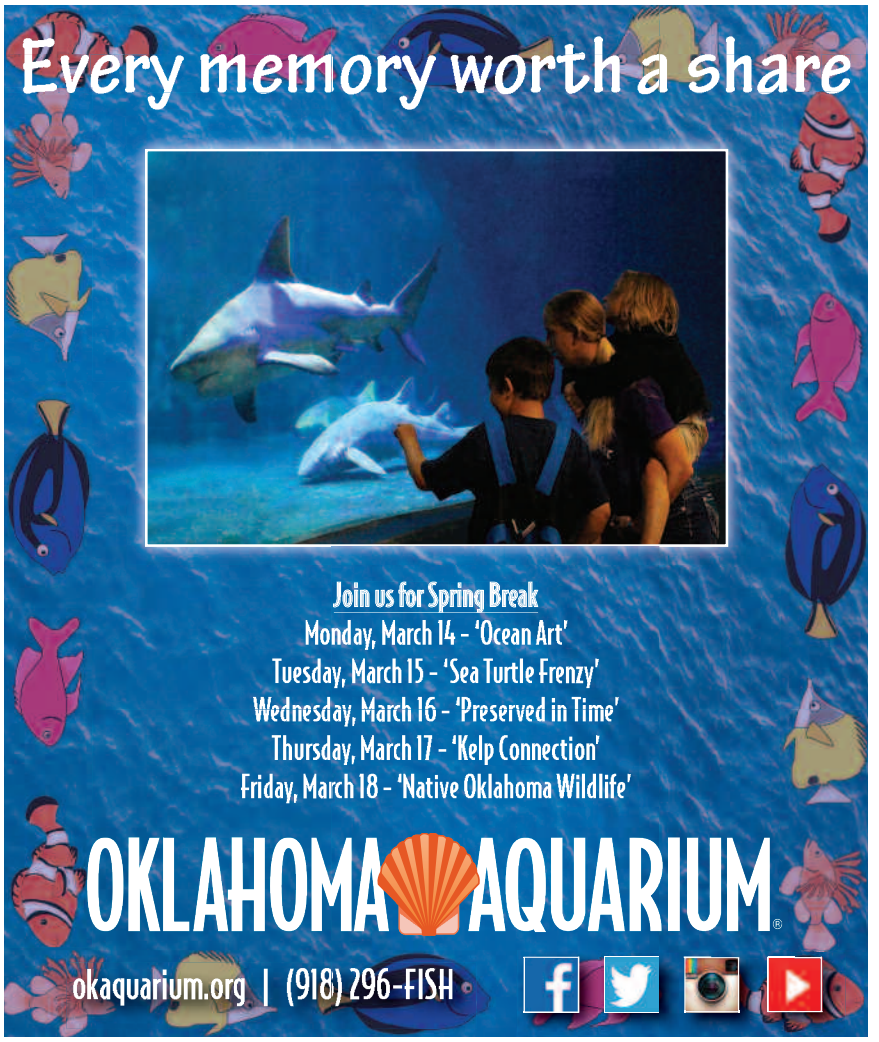
• Pottery presented by Crystal Hanna

• Corn Husk Dolls presented by Stella Foster

• Finger Weaving presented by Michel Laudermilk

Enjoy these programs as an opportunity to start a conversation with your children about different cultures and the similarities we all share. Continue that conversation at home by using library resources as a way to discover the world.





BY SHEEBA ATIQI

Shannon Schroeder: **fashion & beauty stylist**

Tulsan Shannon Schroeder's 15-year occupation as a fashion stylist and make-up artist has always been a way for her to show other women how to pamper themselves. But once she had her daughter Sloane, she understood the extra planning (and juggling) it takes for working moms to take time to care for themselves. Find out how Shannon Sloan juggles being a mom and a fashionista.

TK: What fashion advice do you have for moms on the go?
Shannon: "Planning is key!" Set aside a little time, maybe on a Sunday evening when the kids go to bed. Think about what you've got going on in the week — is it a lunch, school meeting or a dinner? It is so important to take time for yourself!

TK: What is your favorite thing to do for yourself?
Shannon: I am a big believer in taking time for yourself. I waited 'til I was a little bit older to have Sloane; I was 32 years old and married for six years. I have a wonderful support system. But I love to get manicures, pedicures and massages. It's kind of like that saying [at the airlines] "put your air mask on yourself before you put it on your children." You do have to continue to take care of yourself, physically and mentally. If you don't and just continue to give yourself away to others, then it will catch up with you and you will get worn down. You won't be able to give your best self to your children, your partner and your relationship.



SHANNON SCHROEDER WITH DAUGHTER SLOANE.

PHOTO CREDIT: OH, SNAP! PHOTOGRAPHY

TK: How do you juggle being a fashionista and a mom?
Shannon: It's a lot harder than you think it is. I look at it as my job, and, well, it is! That's how I had to start looking at it, because on a daily basis you're so focused on your child. Changing diapers, making sure they are dressed. It's a balance. It takes a little while to figure out that balance. The first year with your child is the hardest; when they get a little bit older they are a bit more independent and you can start feeling like yourself again. Then you can figure out how to juggle.
My way of looking at it is, I want to inspire other mothers. To show them yes, you're a mom, but you can still be who you want to be! You can dress how you want to dress and still take time for yourself. It may not be the easiest thing in the world, but it is possible.

TK: What are your favorite stores to shop at for yourself?
Shannon: I do a lot of online shopping. It's not easy as a mom to drag your kids around from store to store. Honestly, I go to Instagram and follow bloggers.

continued next page

(Shannon's Instagram is @shannonschroeder; Pinterest is StylebyShannon). They post pictures of their outfits, and you can just click on their Instagram and see where they bought it. But I do love stores such as Gap or Target; they are a one-stop shop! I can get something for myself and for my daughter.

TK: What are your favorite stores to shop for kids?
Shannon: Carters, Gap, and Nordstrom Rack and, once again, online like Etsy. I like to dress her like a little adult, in something I would wear. It's all about how you put it together!

TK: What advice do you have for dressing your child on a budget?
Shannon: Nowadays, you can always find deals. You don't always have to buy things full price. There are always coupons out there. Shop sales!

TK: What are your shopping secrets?
Shannon: Always download the App to your favorite stores if they have one and sign up for the email list. Pre-shop online so you can shop with a plan.

TK: What are some of your beauty secrets?
Shannon: I take a shower every night after I put Sloane to bed. That is my time, my relaxation time. I like to use beauty products every night like face cream and moisturizers. It makes me feel good; it's relaxing; it's something I get to do for myself at the end of the day when the kids are asleep. It's good for your mind, body and soul.





BY KAREN MOULT

Lacrosse: old game finds new popularity across Green Country

On a breezy, chilly evening in January the lights are on at the Bishop Kelley High School football stadium. The boys occupy one end of the field, the girls the other end. All have lacrosse sticks in hand. Winter practice is inevitable with spring lacrosse season starting in March.

Bishop Kelley mother Christy Rawlings loves to talk Bishop Kelley lacrosse and lacrosse in general. Her son John Pense, now a freshman at the University of Oklahoma, played two years at Kelley. Her younger son, Jake Rawlings, a Monte Casino sixth grader, plays for the Kelley Junior Comets. While home from OU over Christmas break, John helped with the Kelley program.

"What a great sport. It offers so much. Running, skill, teamwork and most kids pick it up really fast," said Rawlings, whose new adventure is starting a Kelley girls' lacrosse team.

Tonight there are over 20 girls, many experiencing the game for the first time, practicing skills with their female coaches. Some of the girls are soccer players, some runners and some basketball players. All want to be a part of the current youth sport buzz in Oklahoma — lacrosse.

"Lacrosse has taken off in Tulsa and the state. Our numbers continue grow every year and with the start of girls' competitive lacrosse in Tulsa, the sport will only continue to thrive," Rawlings said.



JENKS HIGH SCHOOL LACROSSE TEAM.

Over 100 years ago Oklahoma Choctaw youth played stickball, the predecessor to lacrosse. A stickball stick was made of hickory or pecan and had a small net constructed of animal skin or vegetable fiber at one end. The ball was made with deer skin and typically stuffed with animal hair. Players ran up and down an improvised field with little or no boundary definition passing the ball, trying to force the ball out of their opponent's stick and scoring points by hitting the ball off their opponent's goal post.

Eventually, stickball transformed into what is known today as lacrosse. Today's lacrosse stick is made of wood or metal and has a nylon or leather pocket, and the ball is hard rubber. The field is defined, unlike a stickball field, and players pass the ball and tackle or check an opponent's stick by trying to knock the ball out of the pocket. A team scores by getting the ball in the opponent's goal, protected by a well-padded goalie with a big stick.

Lacrosse has migrated to the southwest from the northeast over the past decade. In 2004 Tulsa Men's Lacrosse Club began coaching a handful of high school boys interested in the sport. In 2007 several young, college graduates moved to Tulsa in search of their first jobs. While they came from different universities and different parts of the country, they shared a common thread, they all played college lacrosse.

"It's amazing how lacrosse people find each other," laughed Brad Nichols, Tulsa Youth Lacrosse coach. Nichols played club lacrosse at Oklahoma State University and moved to Tulsa to work as a geologist after graduation. He partnered with Dustin Booth, a University of Kansas graduate, and fielded a team of around 25 boys from across the area. The team, the Tulsa Bulldogs, practiced on soccer fields or wherever they could find an available open field in a park. The United States Lacrosse Association gave them equipment grants and helped train coaches and umpires.

Interest in the sport quickly spread. By the second season, the Bulldogs attracted enough boys to divide into two teams and scrimmage each other. The team also traveled to Dallas and Kansas City to play in tournaments.

"Lacrosse compliments every sport," Nichols said. "It is in the spring, so it's great conditioning for football players. Because you use a stick and a ball, it works eye/hand coordination, and it is a team sport so you learn teamwork. Kids pick up the sport

continued next page

fast. It's like hockey in that players play either offense or defense. And in the boys' game there is contact. Not hitting like football, but some body contact and checking of the sticks."

Men's lacrosse requires players to wear a helmet and upper body padding for safety. "The lacrosse helmet manufacturers are staying on top of the concussion issue," Nichols said. "Lacrosse has some contact but not the head-to-head and body-to-body blows you see in football. Thus, I do not see players getting a concussion in the sport at all. And, the rules are such that aggressive and severe play is penalized."

Tulsa lacrosse father Dr. Rodney Shaffer, a neuroradiologist, shares Nichols' opinion that due to the safety equipment and rules of lacrosse, there are not many reported concussions in the sport. Shaffer's son, Aidan, plays on the Tulsa Bulldogs elite youth team. A seventh grader at Cascia Hall, Aidan travels year round with the team to compete in tournaments.

"I love watching the game. It moves and it offers enough contact and scoring to keep it exciting," Shaffer said. "With the boys wearing helmets and pads to cover vulnerable places, you do not see the injuries that you see in other sports. There are never head-to-head blows and thus you really do not see the sport creating long-term physical issues for players."

Nichols estimates there are currently over 1500 Tulsa-area youth participating in lacrosse. Several years ago, Indian Nations Youth Sports created Indian Nations Youth Lacrosse and took over the management of the sport, scheduling games and assigning referees to games for kindergarten through eighth grade club lacrosse. The Heartland Lacrosse Conference, headquartered out of Arkansas, handles all aspects of Tulsa high school lacrosse for both club and schools. Currently there are local high school teams at Holland Hall, Bishop Kelley, Jenks, Union, Bixby, Broken Arrow, Cascia Hall, Owasso and Claremore. Any high school-age players not living in a school district or attending a private school that has a team can play on the Tulsa Bulldogs high school club team. Nichols coaches that team of approximately 30 boys.

Each season more and more Tulsa area schools are adding a lacrosse program. Cascia Hall is one of the latest to field a high school team. Cascia Hall father and team coordinator Scott Lambert said the school team has 22 boys, many of which are first-time players. Lambert's sons Pierce, a freshman, and Davis, a junior, both play. "Our coach, Trevor Wolf, played lacrosse at the University of Texas. He is extremely passionate about growing the Cascia lacrosse program. We actually won our first game against Durant High School. We hope to field a girls' team in the near future."

Most high school teams are funded through parents, or as Rawlings refers to it, "self funded." "Our program has a scholarship fund for equipment and uniforms to help out families who cannot afford to equip their child. I eventually think, if enough schools have boys' and girls' lacrosse, we will see schools supporting the programs financially," Rawlings said.

Last year Jenks fielded the first high school girls' lacrosse team in the Tulsa area. Girls' lacrosse differs from boys' lacrosse in several ways. Body-to-body physical contact is not allowed. Girls can check an opponent's stick to try to remove the ball. Girls do not wear helmets but, instead, wear eye protection.

"Through in-school recruitment, Jenks Community Education communication, and word of mouth, we were able to put a team together of about 12 girls with no prior lacrosse experience, said Jenks Girls' Lacrosse coach, Emily Forbes. "After practices began, we probably gained a new player at each practice until we had 29 girls. I attribute that to the sport and the girls. Snow, cold, rain didn't stop us from getting out and working on our skills.

"I love that they get to be pioneers in the Tulsa region for a sport that is spreading across the entire country. The experienced teams we played said they couldn't believe how quickly the girls had picked up the sport and improved from game to game," said Forbes, who grew up playing lacrosse in New Jersey and played at Wellesley College in Massachusetts.

Last summer and fall, Forbes and Tracy Isbell, the Jenks Trojan High School boys' lacrosse coordinator, ran clinics to introduce girls from the region to the basics of girls' lacrosse. During the fall they had enough girls to hold a fall league for girls in third through 12th grade.

"Our approach is that if we can get a stick in a girl's hand, we have a good shot at getting her to play because the sport sells itself," Forbes said. "As a result of the clinics and fall league, Owasso has a group of very enthusiastic high school girls who gathered enough support to get a team together for this spring."

Forbes also oversees a girls' youth lacrosse program for fifth through eighth graders. "Our youth team won a game at their first tournament. Several of the girls on this team are competitive soccer players, but fell in love with lacrosse after just their first weekend of competition."

"There are a segment of girls playing other sports because they want to stay active, but they are not passionate about that sport. The introduction of lacrosse into our region is another opportunity for kids to find their passion in a way that helps them get in shape, make friends, and learn the types of lessons that make sports such a crucial part of any child's development," Forbes said.

This year Indian Nations Youth Lacrosse has added a girls' youth division for fifth through eighth graders. Nichols is especially happy to see girls' lacrosse growing in Tulsa. He is the father of a toddler and anticipates she will have a lacrosse stick in her hand in several years.

And the icing on the cake for Nichols is this season there will be an All City lacrosse championship held on May 21, 2016 at Cascia Hall. "We have that many teams and that much interest that we can now let someone take home a trophy as the best lacrosse high school team in Tulsa," Nichols said.

To learn more about Tulsa Youth Lacrosse go to tulsalacrosse.com.

Information on how to register your daughter for a spring lacrosse league can be found at www.jenkslacrosse.com.

To find out about Tulsa area lacrosse youth teams K-8th grade go to Indian Nations Lacrosse Conference at inyouthlacrosse.com.

To learn more about Tulsa and Oklahoma lacrosse teams for 9th – 12th grades go to the Heartland Lacrosse Conference at heartlandlacrosse.usl.la





Philbrook
Art Camp

philbrook.org/camp

Session 1: June 6–10
Session 2: June 13–17
Session 3: June 20–24
Session 4: July 11–15
Session 5: July 18–22
Session 6: July 25–29

Member registration opens March 15.
Public registration opens April 15.

Members save big on Art Camp.

Not a Philbrook Member?
Join today & save!

SoccerTowns Book Series

Book 6 is NOW ON SALE!

SoccerTowns Book 6

Philadelphia

/soccertowns

SoccerTowns.com

amazon

HELP FOR PARENTS WITH CHILDREN WHO STRUGGLE:

- Behaving at Home and in Class
- Staying Focused and On Task
- Completing Homework & Remembering to Turn It In
- Interacting Socially with Friends and Classmates

Dr. Bob Will Help You Determine the Exact Causes of the Struggles & Build a Best Plan of Action for Your Child To Succeed.

OU Physicians

The University of Oklahoma is an equal opportunity institution.

Robert J. Hudson, M.D., FAAP
OU Clinical Professor of Pediatrics
OU School of Community Medicine
Call for an Appointment • 918-619-4447

MHPS

CELEBRATING 60 est. 1954

Providing Peace of Mind for Families since 1954

"Summer and Fall Enrollment is Now Being Accepted"

PreSchool–5th Grade

4849 South Mingo • 918-622-2327
www.misshelens.com

Tulsa's Best Kept Secret for Over 60 Years!



Dinner's at 6

We hand assemble your custom selection of fresh entrées, package, label and freeze them and have them ready on your schedule. Our entrées – such as Orange Ginger Salmon, Honey Mustard Chicken and Beef Enchilada Bake – provide great meals at a great price and make more time for you. Reclaim the family dinner table and sit down together for a convenient, nutritious and tasty meal tonight!

Dinner's at 6
4652 W. Houston St.
(81st & Garnett)
(918) 249-9102
www.dinnersat6.com



Splash! Pedial! Run! A (mini) triathlon (photo above), sponsored by The Children's Hospital at Saint Francis, is on Saturday, March 5.

DAY-BY-DAY

Tuesday, March 1

JBF Tulsa

JBF offers consignment clothing, toys, furniture and more. Expo Square/Tulsa Fairgrounds, 21st & Harvard; www.tulsa.jbfsale.com
Dates: February 28-March 5, times vary

Wednesday, March 2

Homeschool Art Class at Philbrook (Ages 5-8)

Each homeschool class offers gallery tours led by qualified art educators, an in-studio art-making project, as well as resources to guide parents through that week's class into a month-long learning opportunity. Class begins promptly at 1 p.m. $10 per class, Philbrook Members only. Philbrook Museum of Art , 2727 S. Rockford Rd. www.philbrook.org.

Thursday, March 3

Kids Dig Books

Children will learn about animals that live in different parts of America by listening to stories, legends and folk tales. Afterwards, they will create art work relating to the stories they've just heard. For ages 3-6 w/ adult. Space is limited and advanced registration is required.: 918.596.2774. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10 a.m. www.gilcrease.utulsa.edu.

Thursday, March 3 (cont.)

Safe Kids Car Seat Check Up Event {FREE}

Get your car seat checked by trained professionals. Broken Arrow Fire Department Station 6, 3151 N. 9th St. 1-3 p.m.

Minecraft Gaming {FREE}

Put your imagination to the test building your own world in the popular game Minecraft. For ages 11-18. Hardesty Regional Library, 8316 E. 93rd St. 6-8 p.m.

Parent Training at TherapyWorks {FREE}

Does your child trip and fall frequently? Does he/she seem uncoordinated or clumsy? Does your child have trouble keeping up with peers? Discover if your child is developing appropriately at this free event. TherapyWorks, 7608 E. 91st St.; 7 p.m. For more information call 918.663.0606 ext. 289.

Friday, March 4: TPS Early Release Day

Geico Bassmaster Classic

The GEICO Bassmaster Classic is returning to Tulsa, March 4-6. 'Catch the Fun' with the world's top anglers and more than 100,000 other bass-fishing enthusiasts. The daily launch, live weigh-in and Dick's Sporting Goods Outdoors Expo are all free to the public. Wolf Creek Park, 963 N 16th St. in Grove. www.bassmaster.com

Friday, March 4 (cont.)

1-2-3 Play With Me: A Parent/Child Workshop

This is a five-week series for parents and children ages 1-3. Each program offers opportunities for children to play with developmentally appropriate toys in a play group atmosphere and for parents to visit with early childhood specialists in the areas of child development, speech and language, nutrition, play, movement and music. Class size is limited. Registration is required and is for the series. The programs are scheduled on Fridays, March 4, 11, 18, 25 and April 1 from 10 to 11:15 a.m. Call 918.549.7624 to register for the series. Owasso Library, 103 W. Broadway; 10-11:15 a.m.

LEGO Block Party

Build space-themed constructions and play LEGO games on the Wii. For ages 5-10. Schusterman-Benson Library, 3333 E. 32nd Pl.; 2-3 p.m.

Family Fun Friday {FREE}

Join in for an interesting and fun-filled afternoon of stories, crafts and games, plus stimulating science demonstrations. For ages 5-12 and their families. Herman and Kate Kaiser Library, 5202 S. Hudson Ave, Suite B; 2:30-4 p.m.

Friday, March 4 (cont.)

First Friday Art Crawl

The First Friday Art Crawl was established in 2007. This year-round monthly event features all of the galleries, studios and museums as well as the part-time galleries in various shops opening their doors to show art. The Art Crawl is held on the first Friday of the month and open from 6–9 pm.

Saturday, March 5

Splash! Pedal! Run!

When you sign up your little athlete for this event, you also help other kids, as all proceeds benefit The Children's Hospital at Saint Francis. Registration fee includes a T-shirt, post-race celebration and a medal for all finishers. All events take place indoors at Health Zone. More at saintfrancis.com



Saturday, March 5 (cont.)

Gospel, Grits and Gershwin
This fun-filled fundraiser supports students and faculty at Booker T. Washington High School. The annual brunch will be held once again at the Greenwood Cultural Center. Parents, adult family members, teachers, administration, alumni and community supporters are invited to attend. Tickets are $50/person. Greenwood Cultural Center,322 N. Greenwood; 9 a.m.

Dog Day at the Tulsa Botanic Garden
Bring your pup to enjoy a walk at the Botanic Garden at Dog Day of 2016. Free for Garden members and member dogs; Regular admission applies; $2 per dog. Dogs must be current on all vaccinations and registrations and controlled by a leash (no retractable leashes). One dog per person please. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 10 a.m.-1 p.m.

2016 American Indian Circle of Honor Award Presentation
Tulsa City-County Library will induct Sam Proctor into the Circle of Honor. The ceremony recognizes an American Indian for his/her achievements and contributions that have enriched others' lives and celebrates the inductee's action in the face of adversity, commitment to the preservation of American Indian culture and legacy for future generations. Hardesty Regional Library, 8316 E 93rd St.; 10:30 a.m.

Mini Masters at Gilcrease
Kids explore different works of art from different perspectives, up high, down low, sideways and more to discover a new way to look at the world. After exploring in the galleries and gardens, create your own work of art based on the particular perspective you experienced. For ages 3-6, who must be accompanied by an adult. Advanced registration is required: 918.596.2774. Free for members; free with museum admission for not-yet members. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10:30 a.m.

Sunday, March 6

Tulsa Youth Symphony Orchestra Play-a-thon
Both full orchestras will perform in the TYS annual fund-raiser at Woodland Hills Mall. Because this is an informal concert, you can stay for just a few minutes or the whole five hours, making it an excellent opportunity to introduce little ones and not-so-little-ones to live music and the Tulsa Youth Symphony. Woodland Hills Mall, 1-6 p.m.

Sunday, March 6 (cont.)

Sunday Draws at Gilcrease
Sunday Draws is for anyone who wants to learn to draw or to learn to draw better and have fun doing it. Teaching artists guide participants using various drawing techniques, and different drawing tools and materials. This program is for adults and children age 8 and older. All supplies are provided, including drawing journals to keep.
Reservations are required: 918.596.2774.
www.gilcrease.utulsa.edu

Interfaith Trialogue Series: Keep Us Forever in the Path
The Interfaith Trialogue Series will explore the theme "Lift Every Voice," featuring stories of a dark past and the hope for a brighter future. Visit www.occjok.org for more details. Wilson Learning Center, 1127 S. Columbia Ave.; 2-4 p.m.

Monday, March 7

Tech Tech Revolution {FREE}
Come to the library for an introduction to digital services. Find out more about our free digital eBooks, audiobooks and magazines, movie streaming, music downloads and more. Laptops will be available to explore these services at your leisure. For ages 10-18. Charles Page Library, 551 E Fourth St.; 3:30-5:30 p.m.

Tuesday, March 8

Mini Masters at Gilcrease
See previous description, 10:30 a.m.

Cubelet Creature Creation {FREE}
Create cubed robots that will roll, spin and twist at the flick of your wrist. For ages 13-17. Jenks Library, 523 W. B St.; 4-5 p.m.

Create It @ Your Library {FREE}
Make STEAM art and technology with bead bracelets, key chains, cellphone charms, bobbles and more. Sign-up slots open for 3-D art pen, CreoPop design station or get snappin' with Snap Circuits. For ages 13-18. Call 918.549.7631 to sign up. Helmerich Library, 5131 E. 91st St.; 4-6 p.m.

Spaceship Tatum Planetarium Show
Explore the night sky with engaging, awe-inspiring shows at the Jenks Planetarium. The 50-foot dome provides the ultimate screen for seeing planets up close, flying to distant galaxies, and even rediscovering our own earth in ways never thought possible. For ages 3-8. $5 tickets online; $7 at the door. Jenks Planetarium, Jenks High School, 1st and B St.; 7-8 p.m. www.jenkscommunityed.com

Tuesday, March 8 (cont.)

Active Parenting Now Class
Good family relationships and lots of positive attention are just what your child needs to learn and grow. In this six-week program, parents of 5- to 12-year-olds learn:

- How to build cooperation,
- Effective discipline,
- Logical consequences, and
- How to teach responsibility.

Classes are from 6-8 p.m. on Tuesdays (six sessions) Fee: $20 per session ($5 for each additional family member attending); purchase of $20 book is required.Call 918.560.1114 to enroll.
Need-based scholarships are available. Family and Children's Services, 2325 S Harvard Ave.

Wednesday, March 9

Minecraft Night {FREE}
Come and create online dwellings and prepare against zombie invasions with Minecraft. For ages 10-18. Martin Regional Library, 2601 S. Garnett Rd.; 6-8 p.m.

Thursday, March 10

ZACH: Teen Time @ Zarrow
Experience an exciting teen art program designed especially for the homeschooling community. Students will enjoy an arts enrichment experience with a consistent concept of the month presented such as Landscapes, Portraits, 2D/3D, Realism/ Abstraction based on the Elements of Art and the Principles of Design. For ages 13 - 18 years old Registration required: 918.631.4402. $12 Gilcrease members, $15 not-yet members. Zarrow Center for Art & Education, 124 East M.B. Brady St. ; 10 a.m. www.gilcrease.utulsa.edu

Museum Babies
Museum Babies is designed to nurture the needs of both parent and infant/toddler. Parents will enjoy a casual experience in the galleries, learning about the art of Gilcrease Museum, then it's "baby time" with activities to stimulate the five senses and refreshments.For ages Birth to not yet three years old, accompanied by caregiver. Space is limited and advanced registration is required: 918.596.2774. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10:30 a.m.

TARC Kids' Connection Group
This a social skills group for children with Asperger's and high functioning autism, ages K-5th grade. The Kids "Connections" group meets on the second Thursday of each month from 4:30 to 5:30 p.m. at the TARC office, 2516 E 71st St, Suite A. www.autismtulsa.org

Friday, March 11

See sidebars for on-going events/ activities.

Saturday, March 12

Second Saturday at Philbrook {FREE}
Bring out the inner artist in each member of the family and experience Philbrook in a whole new way! Visit on the second Saturday of each month for free family-friendly art activities, tours and scavenger hunts for kids of all ages. Philbrook Museum of Art, 2727 S. Rockford Rd.; 10 a.m.-4 p.m. www.philbrook.org

Changing Seasons: Choosing Not to Give Up! {FREE} Join Java L. Collins, M.H.R., Ph.D., for this informative seminar on the difficulties that arise in our lives. Collins will conduct exercises to assist participants with transitioning from a rough time to a smooth one to help in answering the question: "How do I make it through the storm?" For adults. Suburban Acres Library, 4606 N. Garrison; 11 a.m.-12:30 p.m.

Hardesty Teen Anime/Manga Club {FREE}
Discuss your favorite manga characters and books while making a craft. For ages 12-18. Hardesty Regional Library, 8316 E. 93rd St.; 1-2:30 p.m.

ShamROCK The Rose
Broken Arrow's St Patrick's Day celebration is in its 3rd year. Join in for live music, food trucks, street vendors, green beer and a Craft Beer garden. Rose District in Broken Arrow; 4-11 p.m.

Sunday, March 13

See sidebars for on-going events/ activities.

Monday, March 14

SEE SPRING BREAK LISTING.

Families of Autism Support Group
Families of Autism is a support group open for caregivers of children with autism. Adults only please, childcare is not available at this time. Limited space available, please call 918.994.7799 to RSVP. Meetings are the second Monday of each month. Greenhouse Pediatric Therapy, 2257 W. Washington St.; 7-8:30 p.m.

Tuesday, March 15

SEE SPRING BREAK LISTING.
See sidebars for on-going events/ activities.

Wednesday, March 16

SEE SPRING BREAK LISTING.
See sidebars for on-going events/ activities.



RODGERS AND HAMMERSTEIN'S CINDERELLA
When: March 29 - April 3
Where: Tulsa Performing Arts Center, 110 E 2nd St.; www.tulsapac.com
Be transported back to your childhood as you rediscover some of Rodgers and Hammerstein's most beloved songs in this hilarious and romantic Broadway experience for anyone who's ever had a wish, a dream... or a really great pair of shoes. (Above photo credit: Carol Rosegg)

THE PENGUIN PROJECT: THE MUSIC MAN, JR.
When: Thurdsay, March 3 - Sunday, March 6 at 7 p.m.
Where: Clark Theatre at the Henthorne PAC, 4825 South Quaker Ave.
The Penguin Project is an organization that produces musicals with children with developmental disabilities. They are joined on stage by peer mentors, who work with them side-by-side to guide them in rehearsals and performances.www.clarkyouththeatre.com

RENT
When: March 4-5, 10-12 at 7:30 p.m. and March 6, 12-13 at 2 p.m.
Where: Tulsa Performing Arts Center, 110 E 2nd St.; www.tulsapac.com
Set in the East Village of New York City, RENT is about falling in love, finding your voice and living for today. www.tulsapac.com

CHARLIE AND THE CHOCOLATE FACTORY
When: Sunday, March 1; 6 p.m.
Where: Friday, March 4 at 7:30 p.m.; Saturday, March 5 at 2 and 7:30 p.m.; Sunday, March 6 at 2 and 7:30 p.m.
Enjoy a beloved classic and buy a souvenir chocolate bar. At each performance, five lucky winners will find a Golden Ticket and get to meet Mr. Willy Wonka himself for a special prize. www.encore-tulsa.com

A STREETCAR NAMED DESIRE (TULSA OPERA)
When: Friday, March 4 at 7:30 p.m. and Sunday, March 6 at 2:30 p.m.
Where: Tulsa Performing Arts Center, 110 E 2nd St.; www.tulsapac.com
The Tulsa Opera is bringing the story that launched Marlon Brando's career to life with a melodic, jazz-inflected score filled with heartrending singing.

BULLETS OVER BROADWAY (MUSICAL)
When: Tuesday, March 8 at 7:30 p.m.
Where: Tulsa Performing Arts Center, 110 E 2nd St.; www.tulsapac.com
Hailed by Time magazine as "musical theatre gold," "Bullets Over Broadway" is a hilarious musical comedy about the making of a Broadway show.

BENEATH THE SCORE - MAHLER'S RESURRECTION SYMPHONY
When: Saturday, March 12 at 7:30 p.m.
Where:Tulsa Performing Arts Center, 110 E 2nd St.; www.tulsapac.com
Conductor of the Boston Philharmonic Orchestra, inspirational teacher and speaker, and author of "The Art of Possibility," the extraordinary Benjamin Zander returns to conduct Mahler's magnificent Symphony No. 2.

WINTER JAM SPECTACULAR
When: Sunday, March 13 at 7 p.m.
Where: BOK Center; www.bokcenter.com
Continuing an unprecedented reign as one of the world's largest tours and Christian music's biggest annual tour, the Winter Jam Tour Spectacular will be making a stop at BOK Center.

TULSA BALLET'S MASTERS OF DANCE
When: March 18-19 at 8 p.m.; March 20 at 3 p.m.
Where: Tulsa Performing Arts Center, 110 E 2nd St; www.tulsapac.com
This eclectic Tulsa Ballet sampler features highly acclaimed works by three of Europe's most esteemed choreographers.

CIRQUE DE SOLEIL
When: Thursday, March 24 and Friday, March 25 at 7:30 p.m.; Saturday, March 26 at 4 p.m. and 7:30 p.m.; Sunday, March 27 at 1:30 p.m. and 5 p.m.
Where: BOK Center; www.bokcenter.com
The First Flight, inspired by James Cameron's AVATAR, a live experience by Cirque du Soleil®, envisions a world beyond imagination set thousands of years before the events depicted in the film.

SPECIAL ADVERTISING SECTION

2016 SPRING BREAK CAMPS

PERFECT PRACTICE ATHLETIC CENTER
4950 S. Sheridan Road
918.764.9175
www.PerfectPracticeOK.com
Dates: March 14-18;
9 a.m. -Noon and 1p.m.- 4.p.m



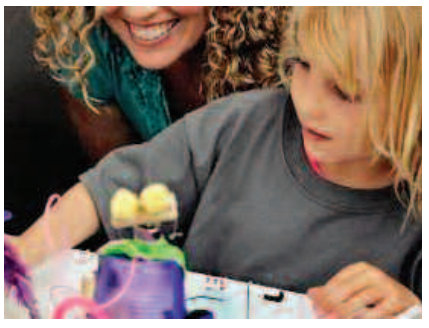
Spring Break Camps at Perfect Practice are fun, educational, and unique! Baseball, Softball, Basketball, Lacrosse, even Archery! And, NEW this year, a FUN ALL SPORTS camp for dodgeball, wiffleball, kickball, soccer, basketball, and KNOCKERBALL! Keep your kids active during Spring Break! Half day and full day options available.To register, call 918.764.9175.

SOCCER CITY SPRING BREAK CAMP
5817 S.118th East Ave.
918. 249.0044
Dates: Monday, March 14 - Friday, March 18
Times: 9 a.m. - noon ($95); 1 p.m. - 3 p.m. ($85)
Ages: 4-15 years



Don't want your kids to get bored over Spring Break? Sign up for Soccer City's Spring Break Camp, ages 4 years to 15 years welcome. The groups will be divided among age and ability. Children should come ready to listen and most of all HAVE FUN! Please direct any questions to dustin@soccercity.com or call SoccerCity at 918.249-0044. We will be hosting awesome Summer Camps commencing in June! Watch for our ad or visit our website at www.soccercitytulsa.com for more details!

SPRING BREAK CAMPS AT DISCOVERY LAB
560 N. Maybelle Ave., Tulsa
918.295.8144
www.tulsachildrensmuseum.org



Enjoy learning and fun in our Tinkering and Busy Body camps at Discovery Lab!
Tinkering: Mon. - Thur., 9 a.m. - 4 p.m., Ages 8-12: Young inventors take apart electronics, identify electrical components, complete circuits, and explore simple machines. Design, construct, test and modify objects such as sail cars, scribble bots, and wind turbines.
Busy Bodies: Fri., 9 a.m. - 12 p.m., Ages 4-7: Explore movement and play games while learning calming techniques for self-regulation. Move like animals, play with friends, create art, and study anatomy learning with our busy bodies!
For information and to register visit: tulsachildrensmuseum.org

TULSA AIR AND SPACE MUSEUM
Contact: Shari Speer, sspeer@tulsamuseum.org
918.834.9900 ext. 115
Dates: March 14 -18, 9 a.m. – 4 p.m.



Be a part of our Awesome Inventors 2016 spring camp! Think creatively while learning about inventors and engineering. Projects will include robotics, 3-D printing, lego building, and more. Fun for ages 5 and up! Join the fun for $50.00 per day, per child. Pack lunch for a full day of museum exploration and activities including movies and planetarium shows. Reserve your space now!

TULSA ZOO SPRING BREAK CAMP: THE NATURE OF THE FORCE
6421 E. 36th St. North, Tulsa
918.669.6219; Register today at tulsazoo.org/camps
Dates: March 14 - 18



Let the force be with you this Spring Break! Discover the Nature of the Force as you protect and save our environment from Sith Des Truct. Go from Padawan to Jedi Knight as you master new skills. Create something heroic for the zoo animals in our own Jawa Junkyard. Meet some of the Animal Jedi Masters. Make your own Jedi identity. Search for the plans to the Lost Kingdom Rebel Base. Do you have what it takes to protect nature from evil forces? Camps include live animal presentations, themed activities, games, crafts and zoo exploration. To ensure an enjoyable and safe experience for all children, class size is limited to 16 participants.These full-day programs are designed for children between the ages of 5 to 12 years old. Camps are $185 per person for zoo members, and $195 per person for non-members. A supervised lunch period will be provided each session. Participants should bring a sack lunch and a snack that does not require refrigeration. Participants may sign up for the optional after-care session from 2 - 4 p.m.

WILL ROGERS MEMORIAL MUSEUM
Dates: March 14-18
Monday, Wednesday, Friday 10 a.m - 5 p.m.: Memorial Museum Claremore
Tuesday, Thursday - 10 a.m. – 5 p.m.: Birthplace Ranch, Oologah
Wednesday Workshops ($10 per child)
Sessions - 10:30 a.m.-noon, 1-2:30 p.m. and 3-4:30 p.m
Friday - Mid-Afternoon Frolic Talent Show - Contestant space limited.



Learn about the life of Will Rogers during a week of fun Spring Break activities. Monday and Tuesday will take families on behind the scenes tours. Wednesday workshops – Each session will have creative writing and also poster design with Studio B Artworks. Thursday at the Ranch is Living History Day for children to experience life as Will Rogers did in the 1800s. Friday is Fun Day filled with games, a paper airplane flying contest at 11 a.m. and The Mid-Afternoon Frolic talent show, open to 17 and under, at 2 p.m. in the Museum Theatre and prizes will be awarded.
Admission to the Claremore Museum for children 17 and under and Museum Members is Free. Ranch admission is by donation. For more information and to sign up for the workshop or talent show, visit willrogers.com.

YMCA SPRING BREAK CAMPS: WESTSIDE, DAILY AND OWASSO LOCATIONS
Dates: March 14-18
Cost: non-members $34, members $28
7 a.m. - 6 p.m. Daily



Spring Break Camp at the Y has something for every camper! Activities like swimming, arts and crafts, STEM, team and individual sports, and so much more! Enroll today at any of our YMCA locations in the Tulsa metro area, or online at ymcatulsa.org/register (search: #springbreak).

COMING UP!

LOOK FOR OUR MARCH SUMMER CAMP PREVIEW AT WWW.TULSAKIDS.COM/CAMPPREVIEW.

SPRING BREAK STAYCATION TO-DOS

STICKIN' AROUND T-TOWN

AHHA IMAGINATION DAY

Saturday, March 19; 1-5 p.m.: AHHA's Imagination Day this month falls on the Saturday after spring break. AHHA invites families to learn about the art of our time and experience it firsthand. Inspired by current AHHA exhibitions, this program fosters the development of lifelong learning skills through gallery explorations, openended discussions, films, demonstrations and individual and collaborative handson art activities. To find out more, go to www.ahhatulsa.org.

GILCREASE MUSEUM OF ART

Open: Tuesday-Sunday; 10 a.m. to 5 p.m.
Cost: $8 adults; children 18 and younger are free. Beyond the extensive Gilcrease collections and exhibits are its beautiful facilities and gardens. Themed gardens have been developed on 23 of the museum's 460 acres.

JENKS PLANETARIUM

Where: Jenks Planetarium, Jenks High School, 1st and B Streets
Cost: $5 tickets online; $7 at door
Tuesday, March 15: Spacepark 360 Planetarium Show at 1 p.m.
Explore the night sky with engaging, awe-inspiring shows at the Jenks Planetarium. Sit back in your seat and enjoy amusement park roller coaster rides (based off of real rides throughout the world) through exotic destinations. (For ages 3 and up–may cause motion sickness).

LINNAEUS TEACHING GARDEN

STORYTIME IN THE GARDEN: Thursday, March 17 at 10 a.m. Children read and sing about the wonders of nature, gardening and creatures who live in the garden. Free admission and no registration.
THE KIDS' CORNER: Located in the Linnaeus barn along the east wall, The Kids' Corner gives children of all ages a chance to learn about gardening and creatures who live there while visiting the garden. It includes an informational poster and accompanying activity, materials for a take-home activity, a display of children's books to borrow and read during their visit and a table of interesting finds to explore. Kids can visit this area whenever the Linnaeus barn is open.
Linnaeus Teachin Garden is located in the Woodward Park complex due east of the Rose Garden and the Tulsa Garden Center at: 2435 S. Peoria Ave. www.tulsagardencenter.com

OXLEY NATURE CENTER

Bring children, friends and family to explore the native landscape at Oxley Nature Center. The Oxley Interpretive Building is open Monday - Saturday, 10 a.m. - 4:30 p.m. & Sunday noon - 4:30 p.m. Hiking trails are accessible during Mohawk Park hours, 7 a.m. - 9 p.m. Check their website for special events happening throughout the week: www.oxleynaturecenter.org. ‘

PHILBROOK SPRING BREAK ACTIVITIES

Youth 17 and younger are always free at both Philbrook locations. Enjoy the beauty of spring in the Philbrook Gardens and lunch in LaVilla featuring kid-friendly menu items.
Find more at www.philbrook.org.

TULSA BOTANIC GARDEN ACTIVITIES

The Tulsa Botanic Garden is hosting some great spring break activities. Get out and explore nature with the kids with free, drop-in activities at Tulsa Botanic Garden.
Friday, March 11, 12-3 p.m. - Spring Break Fun – Habitat Helper
Kids can learn about bird nests and make a simple bird nest helper to hang at home.
Drop-in program. Free with Garden admission.
Friday, March 18: 12-3 p.m. – Spring Break Fun – Spring Flowers
Get ready for spring by creating your own paper flowers. Drop-in program, free with Garden admission. Find out more at www.tulsabotanic.org

TULSA ZOO

Open: 9 a.m.-4 p.m. everyday. Cost: Adults $10, Ages 3-11 $6; 2 and younger are free. Once you're in, there are plenty of free activities you need to check out; including their daily chats and demonstrations. For more information, go to tulsazoo.org.

TULSA CITY-COUNTY LIBRARIES

Your Tulsa City-County Library has something lined up for everyone in the family this Spring Break. You'll find everything from bracelet making, to lego time to yoga and beyond at tulsalibrary.org.
All events at the Tulsa City-County Libraries are free and open to the public. In addition, the Young People's Creative Writing Contest is accepting entries through March 4. Find more at www.teens.tulsalibrary.org

QUICK REFERENCE

Art Play Center: www.artplaycenter.com
7972 E. 41st St., Tulsa; open Monday-Saturday, 9:30 a.m.- 6 p.m.
Bounce U: www.bounceu.com/tulsa
8922 S. Memorial Dr., Tulsa; check their website for open bounce times
Miller Swim School: www.millerswimschool.com
6415 S. Mingo Rd.; open family swim on Saturdays and Sundays from 4-6 p.m. $5/person
Oklahoma Aquarium: www.okaquarium.org
300 S. Aquarium Dr., Jenks; Open everyday 10 a.m.-6 p.m., Tuesdays until 9 p.m.
Purple Glaze Studio: www.purpleglazestudio.com
3303 South Peoria Ave. and 6528 East 91st Street; Monday-Thursday, 11 a.m.-9 p.m.; Friday, 11 a.m.-10 p.m.; Saturday, 10 a.m.-6 p.m.; Sunday, 1 p.m.-5 p.m.
Tulsa Air and Space Museum: www.tulsaairandspacemuseum.com
3624 N. 74th East Ave., Tulsa; Open Tuesday - Sunday, 10 a.m.-4 p.m.
Tulsa Children's Museum: www.tulsachildrensmuseum.org
560 N. Maybelle Ave., Tulsa; Open Monday-Saturday, 9:30 a.m.-5 p.m. and Sunday 11:30 a.m.-5p.m.

ROAD TRIP!

CRYSTAL BRIDGES MUSEUM OF AMERICAN ART

Where: 600 Museum Way, Bentonville, AR
When: Tuesday-Sunday; 10 a.m. to 5 p.m.
Family Tour: Saturday, March 19; 1-2 p.m.
There is no cost to view the Museum's permanent collection, which is on view year-round.
Located in in Bentonville, Arkansas, Crystal Bridges explores the unfolding history of America by collecting and exhibiting works of art that illuminate our artistic heritage and enrich our understanding and appreciation of our nation and ourselves. Find more at www.crystalbridges.org.

THREE SISTERS CELEBRATION AT CHICKASAW CULTURAL CENTER

Where: Chickasaw Cultural Center, 867 Cooper Memorial Dr. in Sulphur, OK
When: March 5 - March 20, times vary
Join the "Three Sisters" (beans, corn and squash) celebration in the village at Chickasaw Cultural Center. Enjoy traditional games, storytelling, stickball, archery, living history – plus, new exhibits, horticultural tours and butterfly gardens. For more information, go to chickasawculturalcenter.com.

SAM NOBLE SPRING BREAK ESCAPE

Where: Sam Noble Museum, 2401 Chatauqua Ave. in Norman
When: Monday, March 14 - Friday, March 18; 10 a.m. to 5 p.m.
Spring Break Escape offers opportunities for exploration and fun on a budget. From face painting and crafts to bird shows and jaw-dropping science experiments, Spring Break Escape is packed with adventure for all ages. For more information to go www.smomnh.edu.

Thursday, March 17

Safe Kids Car Seat Checkup Event {FREE}
Get your car seat checked by trained professionals. Tulsa Fire Department Station 22, 7303 E. 15th St.; 2-4 p.m.

Friday, March 18

Mini Masters
See previous description, 10 a.m.

Tulsa Oilers Home Game @ 7 p.m.

Saturday, March 19

Imagination Days at AHHA {FREE}
AHHA invites families to learn about the art of our time and experience it firsthand. Inspired by current AHHA exhibitions, this program fosters the development of lifelong learning skills through gallery explorations, openended discussions, films, demonstrations and individual and collaborative handson art activities. Hardesty Arts Center (AHHA), 101 East Archer St.; 1-5 p.m.
www.ahhatulsa.org

Sibshop March Workshop
These workshops are provided by the Oklahoma Family Network each month during the school year at the Happy Hands Education Center in Broken Arrow. Sibshops are opportunities for brothers and sisters of children with disabilities and special health care needs to obtain peer support and education within a recreational context. These workshops are open to siblings 5 to 13 years old. There is a small cost of $6 for each session which covers a provided snack. This month's workshop is geared toward children ages 5-8. Pre-registration is required: 918.227.1797.
Happy Hands Education Center, 8801 S Garnett Rd.; 1-4 p.m.

LEGO Lab {FREE}
Learn new building ideas, partner with other children during team building and explore free building. For ages 6-12. Registration is required: 918.549.7590. Martin Regional Library, 2601 S. Garnett Rd.; 2-3 p.m.

LEGO Time {FREE}
Use your imagination to build cool creations, plus make a maze to race against others. For ages 10-18. Herman and Kate Kaiser Library, 5202 S Hudson Ave Suite B.; 2-3 p.m.

Tulsa Oilers Home Game @ 7 p.m.

Sunday, March 20

Funday Sunday at Gilcrease {FREE}
It's an afternoon of museum fun for the whole family. Visitors can enjoy various art-making stations in the museum, each offering different materials and themes as well as teaching artists to help guide and inspire.
An art hunt is available to explore in the galleries, with a prize at the end. Families also can enjoy our interactive space, Kravis Discovery Center, exploring the extensive gardens and special featured activities. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; noon - 4 p.m.
www.gilcrease.utulsa.edu

Monday, March 21

Mad Science Monday {FREE}
Join in for fun experiments from things that you may have around your house. For ages 5-12. Schusterman-Benson Library, 3333 E. 32nd Pl.; 4 p.m.

Tuesday, March 22

Native Culture Make and Take {FREE}
Featured projects are pottery presented by Crystal Hanna, corn-husk dolls presented by Stella Foster and finger weaving presented by Michel Laudermilk. Participants will get to take home the projects they make at this come-and-go event. For all ages. Helmerich Library, 5131 E. 91st St.; 6:30-8 p.m.

Nanocam: A Big Look at Microscopic Life Planetarium Show
At Nanocam: A Big View of Microscopic Life you will look at the universe of the incredibly small. View the swarms of worlds and entire beings that are living inside of your very body. Jenks High School, 1st and B St.; 7-8 p.m. $5 tickets online; $7 at door.
www.jenkscommunityed.com

Wednesday, March 23

TARC Teen "Connections" Group
This a social skills group for middle and high school students with Asperger's and high functioning autism. For more information: 918.582.8272. TARC Office, 2516 E 71st St, Suite A.; 4:30-6 p.m.

Thursday, March 24

Craft Connection {FREE}
Enjoy some craft making with some friends! For ages 8-18. Schusterman-Benson Library, 3333 E. 32nd Pl.; 6-7 p.m.

STORYTIMES

Bixby Library (20 E. Breckenridge, Bixby)
- Preschool Storytime: Mondays, March 7, 14, 21, 28 • 11-11:30 a.m.
- PAWS for Reading: Tuesday, March 8 • 4:30-5:30 p.m.

Broken Arrow Library (300 W. Broadway, Broken Arrow)
- My First Storytime: Tuesdays, Tuesdays, March 1, 8, 15, 22, 29 • 10:30-10:50 a.m.
- Preschool Storytime: Mondays, March 7, 14, 21, 28 • 10:30-11 a.m.
- PAWS for Reading: Wednesday, March 9 • 4-5 p.m.

Broken Arrow Library/South (3600 S. Chestnut, Broken Arrow)
- Preschool Storytime: Tuesdays, March 1, 15, 22, 29 • 10:30-11 a.m.
- My First Storytime: Wednesdays, March 2, 16, 23, 30 • 10:30-11 a.m.

Brookside Library (1207 E 45th Pl.)
- Preschool Storytime: Wednesdays, March 2, 9, 16, 23, 30 • 10:15-10:45 a.m.
- My First Storytime: Wednesdays, March 2, 9, 16, 23, 30 • 11-11:20 a.m.
- PAWS for Reading: Friday, March 11 • 3:30-4:30 p.m.

Charles Page Library (551 E. Fourth St., Sand Springs)
- Storytime: Tuesdays, March 1, 8, 15, 22, 29 • 10:30-11:20 a.m.

Hardesty Regional Library (8316 E 93rd St., Tulsa)
- My First Storytime: Tuesdays, March 1, 8, 15, 22, 29 • 10-10:20 a.m. and Mondays, March 7, 14, 21, 28 • 10-10:20 a.m.
- Toddler Time: Tuesdays, March 1, 8, 15, 22, 29 • 11-11:20 a.m.and Wednesdays, March 2, 9, 16, 23, 30 ● 10-10:20 a.m.
- Mr. Paul's Family Storytime: Thursdays, March 3, 10, 17, 24, 31 • 6:30-7 p.m.
- Mr. Paul's Preschool Storytime: Wednesdays, March 2, 9, 16, 23, 30 • 11-11:30 a.m.

Helmerich Library
- Mr. Adam's Stay and Play Storytime: Tuesdays, March 1, 8, 15, 22, 29 • 10:30-11:30 a.m.

Herman and Kate Kaiser (5202 S. Hudson Ave., Suite B, Tulsa)
- My First Storytime: Thursdays, March 3, 10, 17, 24, 31 • 10:30-11:30 a.m.
- Preschool Storytime: Tuesdays, March 1, 8, 15, 22, 29 • 10:30-11:30 a.m.
- PAWS for Reading: Wednesdays, March 9, 23 • 3:30-5 p.m.
- Sensory Storytime: Saturday, March 19 • 10:30 a.m.-noon

Jenks Library (523 W. B St., Jenks)
- My First Storytime: Wednesdays, March 2, 9, 16, 23, 30 • 10-10:15 a.m.
- Preschool Storytime: Wednesdays, March 2, 9, 16, 23, 30 • 10:30-11 a.m.

Kendell-Whittier Library (21 S. Lewis, Tulsa)
- Bilingual Storytime/Cuentos Bilingües: Tuesdays, March 1, 15, 22, 29 • 3:30-4:15 p.m.

Librarium (1110 S. Denver Ave., Tulsa)
- Read Across American Storytime: Wednesday, March 2 • 11-11:30 a.m.
- PAWS for Reading: Saturday, March 12 • 1-2 p.m.

Martin Regional Library (2601 S. Garnett Rd., Tulsa)
- Bilingual Storytime: Tuesdays, March 1, 8, 22, 29 • 11-11:45 a.m.

Nathan Hale (6038 E. 23rd St., Tulsa)
- Mrs. Cindy's Storytime: Thursdays, March 3, 10, 17, 24, 31 • 10:30-11 a.m.
- PAWS for Reading: Saturday, March 19 • 2-3 p.m.

Pottery Barn Book Club Storytime (Utica Square)
- Tuesdays at 11 a.m.

Schusterman - Benson Library (3333 E. 32nd Place, Tulsa)
- Preschool Storytime: Tuesdays, March 1, 8, 15, 22 • 10:30-10:50 a.m.
- My First Storytime: Wednesdays, March 2, 9, 16, 23, 30 • 10-10:20 a.m. and Wednesdays, March 2, 9, 16, 23, 30 • 10:30-10:50 a.m.
- PAWS for Reading: Monday, March 7 • 3:30-4:30 p.m.
- Bilingual Storytime: Tuesday, March 29 • 10:30-11 a.m

Zarrow Regional Library (2224 W 51st St., Tulsa)
- Stay and Play Storytime: Wednesdays, March 2, 9, 16, 23, 30 • 10:30-11:30 a.m.
- PAWS for Reading: Saturday, March 19 • 2-3 p.m.

THERE'S MORE! TULSAKIDS.COM/STORYTIME

Thursday, March 24 (cont.)

Minecraft Night {FREE}
Put your imagination to the test building your own world in the popular game Minecraft. For ages 10-18. Seating is limited. Zarrow Regional Library, 2224 W. 51st St.; 6-7 p.m.

Friday, March 25

Wind Toys {FREE}
Learn how to make a simple kite. For ages 10-17. Seating is limited. Brookside Library,1207 E. 45th Pl.; 3:15-4:30 p.m.

Meet Your Nanny
This is one-stop shop event where you can meet nannies, chat them up and interview them if you'd like, without pressure. Placement specialists will be on hand to answer any questions you may have. There's no cost to attend, but space is limited. For more info or to RSVP: 918.370.6270. Holiday Inn & Suites Tulsa South, 10020 E. 81st St.; 6:30-8:30 p.m. www.enannyok.com

Saturday, March 26

Safe Kids Car Seat Checkup Event {FREE}
Get your car seat checked by trained professionals. Lacy Park, 2134 N. Madison Pl.; 10 a.m.-noon.

Grow Your Own Marigold Plant {FREE}
Drop by and get a paper cup, some soil and a marigold seed to take home. You provide the water, sunshine and loving care. Within a few weeks, you should have a beautiful plant to transfer to your garden! For ages 5-adult. Brookside Library, 1207 E 45th Pl.; 10 a.m.-5 p.m.

Manga-Ai! Manga/Anime Club {FREE}
Watch anime, enjoy snacks and discuss Japanese animation with other teens. Martin Regional Library, 2601 S. Garnett Rd.; 2-3:30 p.m.

Kite Day {FREE}
Come and fly a kite! Participants will make kites from paper and sticks. Use your math skills and creativity. For ages 5-14. Kendall-Whittier Library, 21 S. Lewis; 2:45-4:45 p.m.

Sunday, March 27: Easter

See Easter Egg Hunts & Activities Listings on next page.

Monday, March 28

See sidebars for on-going events/ activities.

Tuesday, March 29

Fairies and Elves {FREE}
Flit or flutter with the fairies! Strut or stroll with the elves! Join us for enchanted merriment. For ages 5-10. Judy Z. Kishner Library, 10150 N Cincinnati Ave.; 6-7 p.m.

Tulsa Oilers Home Game @ 7 p.m.

Passport to the Universe Planetarium Show
A Passport to the Universe, Narrator Tom Hanks will take you on a trip through the universe like never before. Explore our true cosmic address and discover just how small we really are. For ages 10 and older. Jenks High School, 1st and B St.; 7-8 p.m. $5 tickets online; $7 at door

Wednesday, March 30

See sidebars for on-going events/ activities.

Tulsa Oilers Home Game @ 7 p.m.

Thursday, March 31

ZACH: Zarrow Art Classes for Homeschool
Discover the world of art at the Zarrow Center for Art & Education through this program, which is designed especially for the homeschooling community. Students will have an arts enrichment experience as they create their own works of art in this engaging approach to arts education taught by qualified art instructors. For ages 6 - 12. Registration required" 918.631.4402. $10 Gilcrease members; $12 not-yet members. Zarrow Center for Art & Education, 124 East M.B. Brady St.; 10-11:30 a.m. www.gilcrease.utulsa.edu

Safe Kids Car Seat Checkup Event {FREE}
Get your car seat checked by trained professionals. Skiatook Fire Department Station 1, 112 North A St.; 1-3 p.m.

TARC Moms & Dads Support Group
This a support group for parents of children with developmental disabilities. TARC Office, 2516 E 71st St, Suite A; 7-9 p.m. For more information go to www.autismtulsa.org.

On-Going Activities

Bikes & Balls
Every Tuesdsay and Thursday, bring your small children (ages 1-5) to socialize and exercise. Bring a riding toy, or use one of the ones provided. Whiteside Recreation Center, 4009 S. Pittsburgh Ave.; 9:30-11 a.m.

On-Going Activities (cont.)

Family Exercise Classes
Classes are held the second and fourth Saturday of each month and begin at 11:30 a.m. All family members aged 4-99 are welcome and registration is not necessary. If you would prefer to do your own workout, then drop your kids off at the Kids Zone Activity Center and our staff can take them to class.Saint Francis Health System-Health Zone, 6161 South Yale Ave. www.saintfrancis.com

Family Studio Saturdays at Philbrook
Each month, Family Studio Saturdays explores one big idea through art, making art in the studios and exploring in the galleries. Both studio and gallery activities are specially designed to engage families with children in creative thinking, idea exploration, and collaboration. Philbrook Museum of Art, 2727 S. Rockford Rd. Drop in from 12:30 - 3:30 p.m. - each Saturday (excluding the 2nd Saturday) of the month. www.philbrook.org

Insect Adventure
Looking for an unforgettable and incredibly educational activity to experience with your youth? Try having an Insect Adventure! The Oklahoma Cooperative Extension has the only live bug petting zoo in the state. This presentation comes with more than 25 species of living arthropods as well as a knowledgeable, passionate, and entertaining professional entomologist to walk you through your arthropod discovery and exploration. Open every 1st and 3rd Saturday; 10 a.m.-2 p.m. at the Oklahoma Cooperative Extension, 127 Noble Research Center in Stillwater. For more information: www.insectadventure.okstate.edu.

Dance & Sing Along at the Tulsa Children's Museum
Every 2nd Monday of the month, Discovery Lab hosts a family Dance & Sing Along in the main hall. Children ages 6 and under, their caregivers, and anyone young at heart will enjoy dancing and singing along with the TCM band as they perform classic children's songs. This concert is free with museum admission. Tulsa Children's Museum , Discovery Lab Main Hall, 560 Maybelle Ave.; 10:30 a.m. www.tulsachildrensmuseum.org

Talking is Teaching in Tulsa
The Tulsa area has Talking is Teaching events that include a parent engagement reading activity, a free meal, and each family gets a book to take home. Find monthly events at www.talkingisteaching.org

On-Going Activities (cont.)

Kids Cooking Classes at Health Zone
Join experts at the Health Zone at Saint Francis and teach your kids healthy cooking skills with a side of fun! 3rd Tuesday and Thursday of each month through May. Tuesday classes are for ages 4-8; Thursday classes are for kids 9 and up. Family membership package: $7.00/per child Non-members: $10.00/per child. Saint Francis Health System-Health Zone, 6161 South Yale Ave. www.saintfrancis.com

Food Truck Wednesday at the Guthrie Green
Chow down at Guthrie Green every Wednesday for lunch. Enjoy live music, amazing food trucks, and fresh air. Open every week day from 11:30 a.m. to 1:30 p.m.

Linnaeus Teaching Garden
The Linnaeus Teaching Garden is a demonstration/ teaching garden in Woodward Park, staffed by well-trained volunteers who share their knowledge and love of gardening with the public.The Garden is free and open to the public: Tuesday thru Saturday, beginning March 1. No pets, except service animals, please.
The Kids' Corner: Located in the Linnaeus barn along the east wall, The Kids' Corner gives children of all ages a chance to learn about gardening and creatures who live there while visiting the garden. It includes an informational poster and accompanying activity, materials for a take-home activity, a display of children's books to borrow and read during their visit and a table of interesting finds to explore. Kids can visit this area whenever the Linnaeus barn is open.
It is located in the Woodward Park complex due east of the Rose Garden and the Tulsa Garden Center at: 2435 S. Peoria Ave. www.tulsagardencenter.com

* We make every effort to ensure the accuracy of this information. However, you should always call ahead to confirm dates, times, location, and other information.





TULSA AREA EASTER EGG HUNTS & ACTIVITIES

Chandler Park; 6500 W. 21st St.: Saturday, March 19; 10-11 a.m. For more information: 918.591.6053.

Haikey Creek: 11327 S. Garnett Ave. in Broken Arrow: Saturday, March 19; 9:45- 10:15 a.m. ; Rain Out Date: Sunday, March 20 at 12:45 p.m.

LaFortune Park: 5202 S. Yale Ave.: Saturday, March 19 at 10 a.m.

O'Brien Park, 6149 N Lewis Ave.: Easter Egg Mania: Saturday, March 19, 10:30 a.m.- noon

South County Rec Center: 13800 S. Peoria, Bixby: Saturday, March 19 at 10 a.m.

Whiteside Community Center, 4009 South Pittsburg Ave.
Paws Easter Egg Hunt & Walk: Saturday, March 26 at 10 a.m. Donations will be collected: dog/cat food, blankets, leashes, collars and dog treats for a local shelter.
Bunny Bikes & Balls: Tuesday, March 22; 9:30-11 a.m.
Easter Egg Hunt: Thursday, March 24 at 6 p.m. For ages 8 and younger with three separate hunt areas. Please bring canned food for the Tulsa Food Bank.

Easter Celebration at Victory Outreach: 7700 S. Lewis Ave.; Saturday, March 25 at 11 a.m.
Enjoy an egg hunt with over 55,000 eggs and amazing giveaways! For ages 1-12.

Helicopter Egg Drop: Church That Matters, 3 W 41st St. in Sand Springs
As a part of Church That Matters' Easter Sunday activities on March 27, register for the helicopter egg drop at Clyde Boyd Middle School in Sand Springs. This year, TWO REAL HELICOPTERS will drop over 20,000 plastic eggs filled with candy and toys to the ground. There will be a separate area for younger children. The egg drop is for kids ages zero through 5th grade. Bring your own basket!
www.churchthatmatters.com

Breakfast with the Bunny at the Tulsa Zoo: Saturday, March 26; 9-11 a.m.
Celebrate spring at the zoo during Breakfast with the Bunny. You are invited to enjoy a scrumptious breakfast, an up-close animal encounter, and most importantly, you get the chance to meet the Easter Bunny.

Natural Egg Dyeing and Activities at the Tulsa Botanic Garden: Saturday, March 19, 12-3 p.m.;
Friday, March 25, 12-3 p.m.; or Saturday, March 26, 12-3 p.m.
Learn about plants used for dyeing stunning colors as we decorate vibrant eggs. $5 per child plus Garden admission. Drop-in program.To register, call 918.289.0330. Directions can be found at www.tulsabotanic.org.

Kids Easter Baskets at Grogg's Green Barn: Saturday, March 19; 1-2 p.m.
Grogg's invites you to come build a living Easter basket. All ages are welcome. For more information, go to groggsgreenbarn.com or call 918.994.4222. Activiity fee is $6.

Kirk Crossing Easter Eggstravaganza: Saturday, March 26 at 10 a.m.
Enjoy an Easter Egg Hunt with 7000 eggs, inflatables, games and other activities for kids. In addition, join the drawing for prizes donated by the community. The event is completely free. Kirk Crossing Church-11420 S James Ave. Jenks, OK

Easter Bunny Photo Experience at Woodland Hills Mall
Kids will have the chance to visit with the Bunny in his special home beginning Friday, February 26 - Saturday, March 26 (times vary), located on the lower level center court near JCPenney, and take home a treasured snapshot of the fun occasion. Breakfast with the Easter Bunny is Saturday, March 26 at 8:30 a.m.

Eggstravaganza! at the Sam Noble Museum of Natural History: Wednesday, March 23; 4-7 p.m.
Where: Sam Noble Museum, 2401 Chatauqua Ave. Norman, OK
Enjoy complimentary museum admission, games, crafts, photos with the bunny, and, of course, an egg hunt of Jurassic proportions are among activities scheduled during the Sam Noble Museum's annual spring celebration.

FIND MORE AT WWW.TULSAKIDS.COM/EASTER



"I realize teenagers want their privacy, but was the barbed wire really necessary"

Get Homework Help Now!

With Tulsa City-County Library's FREE Online Homework Assistance

Powered by Brainfuse

Featuring Live Tutors

(2-11 p.m., daily CST) Get EXPERT one-to-one subject-specific help for students in grades K-12 … plus college! Spanish-speaking tutors available too!

FREE Brainfuse App

Available in App Store or Google Play

Visit www.TulsaLibrary.org/homeworkhelp and use your Tulsa City-County Library card to access Homework Help Now!

DON'T HAVE A LIBRARY CARD?

Apply online at www.TulsaLibrary.org/application and get instant access to this service and more!

Tulsa City-County Library — Home of TulsaWiki.org | SPONSORED BY: tulsakids www.tulsakids.com | tulsa Library Trust

RENUYOU™

NEUROFEEDBACK CENTER OF TULSA

WHY DOES THE AMERICAN ACADEMY OF PEDIATRICS CALL NEUROFEEDBACK A BEST CHOICE FOR TREATING ADHD?

BECAUSE IT WORKS!



Brain wave "reward biofeedback" will actually cause the brain to forge a new, healthier neuropathway. It effectively treats:

- ADD/ADHD
- Learning Difficulties
- Anxiety
- PTSD,
- Autism
- Sleep Disorders

ANNOUNCING!

PSYCHIATRIST DR. STEPHANIE CHRISTNER, D.O.

HAS JOINED OUR GROUP!



Her focus is medication management and finding the root cause of metabolic issues contributing to psychiatric disorders. After the death of her infant girl in 2009, Dr. Christner began researching the numerous toxins contributing to neurological developmental disorders. She has a heart for adolescents and children with mood, anxiety, and attention disorders. **"I see Renuyou neurofeedback as a very effective piece of the puzzle to help my patients achieve optimum health."**

BCIA

Call Today! 918-747-7400

PHYSICIAN STAFFED • LICENSED THERAPISTS | WWW.RENUYOUTULSA.COM

AUGUSTINE CHRISTIAN ACADEMY

ENROLL FOR FALL 2016



Training young minds to learn, reason, and persuade from a distinctively Christian worldview.

A Classical, Christian education dedicated to growing Wonder and Delight for grades K4-12

6310 E. 30th Street • Tulsa, OK 74114 • 918-832-4600

www.acatulsa.org

HOME SCHOOL OPTIONS • FIVE DIPLOMA TRACK OFFERINGS
LATIN & BIBLICAL LANGUAGES (Hebrew, Greek and Aramaic)
EXCELLENT PERFORMING ARTS PROGRAM
Tour and Student Shadowing by Request



FROM THE HIP

The Hip Mom Delves into the Legend of the Rustic Cuff

BY JILL VANTREASE

I know, I know. If you haven't heard of Rustic Cuff you probably live in a remote village off Mozambique. Or are a male. Of course I have heard the now-legendary story about how Tulsan Jill Donovan, Rustic Cuff's founder, got humiliated by etiquette "experts" on Oprah (live!) for being a "re-gifter." For 15 minutes these "experts" told Jill what a rude practice this was and, for 15 long minutes, Jill tried very hard not to cry in front of millions of people. And then, so the story goes, Jill came home to Tulsa, cleared out her closet of regifting gifts and gave all of its contents away. She subsequently started making bracelets, or "cuffs," to give to her friends after she watched a few YouTube tutorials. Discovering that she had a talent for making bracelets, friends started suggesting she sell them.

I have also heard about how wildly popular the cuffs are with some women, but since I am not really a big jewelry person (I always seem to have a baby who will tear off or teethe on anything dangly!), I didn't pay much attention. Until, that is, Jill opened up a Rustic Cuff boutique out by me in the Vineyard at 106th and Memorial. The lines to get into the store at 10 a.m. snake around the building!

And then Jill just opened a third, temporary, location on Cherry Street (near Quaker Avenue) - also to throngs and lines. A new store location will be disclosed later this year.



What is going on here? World domination via...bracelets? And then I hear some moms on the bleachers (that is always where the good information is) talk about a "secret" Facebook group called "Addicted to Cuffs." I decide I have to find out what is going on with these bewitching bracelets.

My friend Kappa Kappa Karen adds me to the "Addicted to Cuffs" Facebook group, and I am drawn in: thousands of women showing pictures of their arms halfway-obscured by piles of colorful, blingy baubles. But there's more: stories of people swapping cuffs, "cuffversaries," (yes, there is a whole new Rustic Cuff vocabulary! Have you heard of "mothercuffer," "cuffaholic," or "cufflebrity"?), and all sorts of Cuff-centric activity.

I pose this question to the group: "Can you share what you like so much about Rustic Cuffs?" There is a light little titter from several members, and then a friend says, "Prepare to get inundated." Kaedi W. warns, "Hope you have a lot of tissue and reading time... the impact she's made on all of us could already be a huge thick diverse book... almost more chicken soup than a soul can handle."

Oh boy....and WHOOSH! For the next 24 hours or so I am buried in emails, stories and pictures. I even get an original poem! Women share all sorts of anecdotes. One woman's daughter, who is on the autism spectrum, had emailed Jill to send her free cuffs - and Jill did! There are "cuff sisters" who might gift a retired design (sometimes valued over $300) to a stranger who couldn't otherwise afford it. One woman who reports her mom "never felt beautiful" now puts on Rustic Cuffs and suddenly feels gorgeous and sparkly. Letha H. reports, "My favorite description of this phenomenon is that it's like a sorority on crack! Bigger and better than you could imagine, yet intimate, personal relationships with women that in some cases will last a lifetime. And all this from a bracelet and its creator who knows relationship and reaching outside yourself is the greatest gift we can give." Kyanna L. says, "I have Rheumatoid arthritis A and I'm a stay-at-home mom...there are many days when I don't feel or look so pretty or I feel like I'm totally disconnected from the outside world...but my cuffs make me feel pretty and happy! I catch myself rolling my sleeves up or holding my hands a little higher on the steering wheel so everyone can see and admire my cuffs!"

Kyanna continues: "I feel

continued next page



JILL DONOVAN, CREATOR OF RUSTIC CUFF.

like I'm a part of a sisterhood, an incredible sisterhood with so many great women! I feel like I belong, like I'm a part of something spectacular! And I have the opportunity to make another woman feel spectacular because I know many, many women feel not so spectacular, just by giving one little cuff... That's why I love Rustic Cuff and Jill for making this all happen for so many of us!"

The stories continue. The "Addicted to Cuffs" group generously gifted a member seven purple cuffs to give to a friend who had lost her 6-year-old son. Her son's 7th birthday would have been January 8th and his favorite color was purple.

Kristina R. says, "I love RC, because it promotes what is missing in this world of ours, giving and kindness! Not just kindness to people we know, but kindness to complete strangers. And Jill embodies that! Today she gifted about 60 Emmes to #teamokieelsa so that Okie Elsa could give them to kids when she visits hospitals. That's over $1200 of product...Who does that?!?"

And Anita F. goes so far to say that "In a world filled with so much hate, violence, and unhappiness, Rustic Cuff and its effect on everyone is truly a bright light and blessing."

Well OK then! So it seems the crux of the phenomenon goes back to the dynamic, articulate and obviously generous and warm-hearted owner, Jill Donovan.

On a whim, I send Jill a Facebook message asking if she'd like to talk to me. And to my surprise - because how could such a busy woman have time for moi? - she answers within a few hours. She'd love to meet with me! We set up a date at the "SS" - that's Southside, or the new store in the Vineyard - in just a few days.

When my mom, who is visiting from Seattle, and I are on our way to the store, Jill's assistant calls me to give the doorman/guard instructions that I have an appointment and I don't need to "wait in line." Well, the store was opened November 30, and there is STILL a line on this cold January day. So we spring to the front of the line (feeling a bit guilty) to tell the guard we have an appointment with Jill. While he goes to the back of the store to find Jill, a few people leave the store - so my mom feels justified in letting in a few young moms with their babies. I'm sure Jill would approve! We snake our way to the back of the very crowded store, are let through a door into a back room, and there is Jill herself. And she is as approachable, effusive and dynamic as she is purported to be.

What I am concerned about is Jill's cortisol levels: she has a husband, two daughters, a gangbusters business, and a feverish following. Does this wild life stress her out at all? "No!" she says. On the contrary, the crazy busy-ness of her life inspires her right now, if anything. She is one of those lucky people who thrive on activity. We discuss all the frenzy. When the South store opened, for example, Jill kept the store open for 35 hours straight: a "cuff-a-thon." For that entire period, there was a four-hour wait to get into the store! The devotion is intense. There are over 70 Facebook groups devoted to Rustic Cuff. And, Jill employs about 40 full-time and 175 part-time employees. So when, in the throes of this nutty life she is living, does her creative inspiration come? "In the middle of the night!" laughs Jill. It's the only time there is any peace.

So what is Jill's plan for Rustic Cuff? She really has no firm five-year plan, she confesses. "As long as I spend each day in God's favor and fully love what I am doing, I will keep doing it." It's like building Noah's Ark, one plank at a time; she doesn't know what the ending structure will be - in fact, the thought can be overwhelming where this is all going - but Jill is having a fabulous time.

And then my mom and I are the lucky recipients of Jill's legendary generosity. As we are leaving, Jill asks us our favorite colors. I shriek "Pink and Green!" Jill disappears for a bit, and comes back with three sleeves of assorted gorgeous bracelets. The packaging is part of the appeal: all these show-stopping bracelets piled along a slim, elegant black pillow, which is lovingly placed in a pretty rectangular box. And she also gives me darling little baggies with bracelets for each of my four daughters. Wow! We are just giddy with our loot as we leave.

It should be noted that Jill will also do fundraisers; she will work with you to design a bracelet for whatever cause you are spearheading, and help decide on the price. A recent fundraiser for Monte Cassino's 90th Anniversary was a roaring success. The school earned tons of money, and many happy moms have snazzy, wearable mementos of their children's school.

So stop by the "Mothership," "Sistership," or "Babyship." (I think I've got that right!) Hopefully the lines won't be too long for you, and you will find yourself some lovely new treasures. And you will know that your money is supporting not only a local Tulsa business, but a movement of love, generosity and caring.



soccer city TULSA

tulsakids family favorites WINNER 2015

CHECK OUT OUR SPRING LIL' KICKERS PROGRAM

A one of a kind, non-competitive soccer and movement skills program for children ages 18 months - 9 years.

SPRING SESSION: MARCH 21st-MAY 28th



Free Uniforms to New Customers

Northeastern Oklahoma's Only State-of-the-Art Indoor Soccer Facility!

Summer Camps, Birthday Parties & Lock-ins • Adult & Youth Leagues

5817 S. 118th East Ave. • 918.249.0044

www.soccercitytulsa.com



SeekingSitters®

Easy, Safe Sitting Solutions

Eva G., *Sitter of the Month*

Eva G. is one of SeekingSitters Certified Professional Sitters - a title that is highly regarded and respected by our clients and company. She has numerous customer compliments and shows professionalism on all sitting events.

We Do All The Work For You!™

- On-Line Convenience & Reliability
- Local & Personal Customer Service
- All Sitters Over 18 Years Old
- CPR and First Aid Certified Sitters
- All Sitters Pass In-Depth Background

Our Sitters Don't Just Sit!™



Tulsa Metro 918.749.3588

www.SeekingSitters.com

LARGEST EASTER EGG HUNT IN OKLAHOMA WITH 50,000 EGGS!

GIVING AWAY AN XBOX ONE, IPAD 2 & A POWER WHEEL!

VICTORY OUTREACH PRESENTS

EASTER CELEBRATION

SAT. MARCH 25

11:00 AM

FOR AGES 1-12

7700 S. LEWIS AVE., TULSA, OK 74136

THE UNIVERSITY of TULSA UNIVERSITY SCHOOL

Camp Incredible

An exciting summer camp for kids age 4 through 8th grade



6 one-week day camp sessions in June and July

Call 918-631-5060 or visit utulsa.edu/uschool

Educating Gifted Students

Since 1982

The University of Tulsa is an equal opportunity/affirmative action institution.

CAMP RAVEN



Join us on our 120-acre wooded campus complete with two gyms, athletic fields, barnyard, splash pad, hiking trails, and picnic areas.

Pre-School–12th Grade

Summer Camp

May 24–August 12

RIVERFIELD
COUNTRY DAY SCHOOL

2433 WEST 61ST STREET ■ 918·446·3553 ■ RIVERFIELD.ORG

THIS SUMMER WILL ROCK!
KIDS – TEENS - TWEENS

SAiED music

SUMMER CAMPS ARE BACK!

MUSIC THEATER CAMP
ROCKSTAR CAMP
GUITAR CAMP
STRING CAMP
PIANO CAMP

For more information and to register
WWW.SAIEDMUSIC.COM

Charles Schusterman
Jewish Community Center
Anyone can join. Everyone belongs.

Camp Shalom



Summer 2016
May 31-August 5

Register by May 1 for early bird prices

3 Years-Kindergarten | Theme Weeks
1st-6th Grade | Over 50 Specialty Camps
7th-10th Grade | Counselor in Training (CIT) Camp

Online Registration: www.csjcc.org

2021 East 71st Street/Tulsa, OK • 918.495.1111

CAMP LOUGHRIDGE DAY CAMP

ONE-WEEK SESSIONS FROM JUNE 13-AUGUST 5



A memorable classic Christian summer day camp experience less than five minutes from Tulsa Hills! Campers will meet new friends and complete exciting mission objectives as they develop teamwork, leadership, and social skills in the great outdoors.

CHOOSE YOUR OWN ADVENTURE!

- aquatic center
- archery
- creative arts
- high ropes course
- hiking
- kayaks/canoes
- mountain bikes
- team sports
- triple zip line

REGISTER AT CAMPLOUGHRIDGE.ORG

4900 W. 71st Street Tulsa, OK 74131 | 918-446-4194

BY DIANE TRITT EATON

Cancun's Neighbor, Isla Mujeres: aquatic activities for everyone

For decades, Cancun, Mexico's beautiful beaches and turquoise Caribbean Sea have attracted millions — becoming a top vacation spot for many because of its easy accessibility and relatively affordable all-inclusives. A tremendous row of grand resorts serves up a bundle of beachside and poolside amusements, delicious Mexican fare and endless party atmosphere. It can be tons of fun, but due to its tremendous growth, Cancun can be super crowded, taking away from the peace and quiet you may be searching for on a beach vacation with the kids.

Why not leave the highly developed strip in exchange for a quieter experience on nearby Isla Mujeres, an aquatic adventurers' paradise? Day trips from Cancun's dock to this tiny five-mile by half-mile island take only 25 minutes by ferry. The boat ride across the bay provides breathtaking views and eases you into a laid back mode where gorgeous sand and unique water activities are a main draw.

Expert travel guide, Frommer's, notes that Isla Mujeres is "… among the most peaceful beach destinations in Mexico…" Water activities include swimming with gentle dolphins, snorkeling or scuba diving among the tropical fish hovering around the reefs, admiring underwater sculptures or treading water with whale sharks.



PHOTO COURTESY ISLA MUJERES MEXICO

A Close Encounter with Dolphins

For pure enjoyment, engage in the magical wonder of sharing the waters with dolphins - the universally adored and highly intelligent marine mammals known as "angels of the sea." Inside enclosed "pens" with an intimate group of 10 people, dolphins welcome your gentle touch and are naturally friendly, giving "handshakes" with their fins and kisses with their pursed lips. Watch them perform synchronized swimming and dance moves as well as spy hopping vertical leaps (as high as 30 feet). Little kids may just want to hug a dolphin while others may prefer to go for a wild, heart-pounding dolphin ride. Depending on the encounter package you choose, expect to spend between 40-60 minutes with these aquatic angels. Package details and pricing information can be found at one of several different outfits listed on www.dolphindiscovery.com.

Explore MUSA's Underwater Sculpture Museum

Drawing people from all over the world, MUSA (Museo Subacuatico de Arte) is located in the bay between Cancun and Isla Mujeres. This one-of-a-kind underwater museum, featuring over 400 sculptures of people, animals and even a VW Beetle, was founded as a non-profit by British artist Jason deCaires Taylor in 2009 in order to help the reef system maintain and grow its marine life. For the best up-close views of MUSA, book a glass-bottomed boat (PERECT for all ages) or snorkeling/diving tour (for the older set). This man-made reef attracts colorful sea creatures where coral and algae grow plentifully among the crevices of each masterpiece. Snorkeling and scuba is recommended for more experienced swimmers and visibility is best on days when seas are calm. Remember to bring your underwater camera. To learn more, check out www.musamexico.org.

Whale Shark Watching/Swimming

For an unforgettable experience, Island visitors can swim alongside plankton-eating whale sharks from June through September just north of Isla Mujeres. A one-hour boat ride brings passengers to a newly discovered spot that attracts hundreds of them, where the Gulf of Mexico and the Caribbean Sea collide. These scary looking giants (the largest shark species), with their 300 rows of pearly whites, are gentle giants that are open to

continued next page



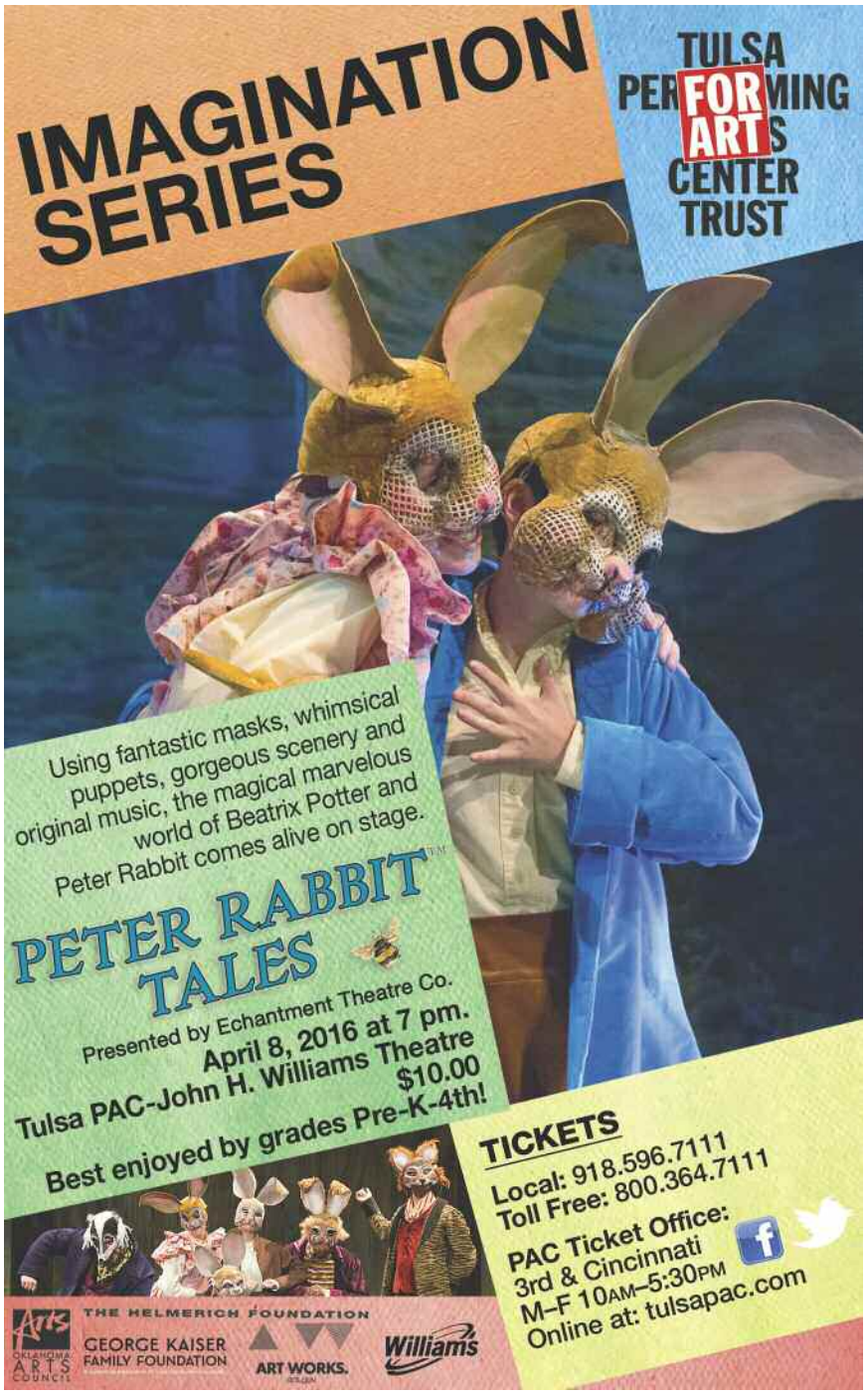
UNDERWATER SCULPTURE MUSEUM.

sharing a swim with people, but can seem intimidating. They are harmless and playful. While those on board are busy marveling over the sheer size of these fish, which average 25 feet but can grow as long as 50 feet, a guide will take two people at a time for a dip in the water. For more details, see www.islawhalesharks.com (Encounters are recommended for children 12 and up.)

Garrafon Natural Reef Park - For All Ages

The southernmost point of Isla Mujeres is the location of a surfside beauty known as Garrafon Natural Reef Park, home to cliffs and reefs, where snorkeling is grand, swimming with dolphins is an option and zip-lining over water is available to the thrill-seeking adventurer. There are also areas for cooling off in an infinity pool that hugs to the shoreline, soaking up the sun and admiring the seascape from a comfy lounge chair while the kids play in the sand. You can even laze about on a swinging hammock while sipping a tropical treat. The park's Punta Sur section features a lighthouse and Mayan temple for landlubber moments. See www.garrafon.com for the full spectrum of activities available.

All of these "can't miss attractions" can be great contributors to memorable family time. So, if you are thinking about a Cancun trip, remember to build in time for at least one of them. Or, if a more relaxed atmosphere is your preference, perhaps staying on Isla Mujeres might be a more fitting choice.







LET'S PARTY!











We bring Birthdays to LIFE at BounceU!

BounceU is THE place for a PRIVATE party experience in a huge inflatable playground.

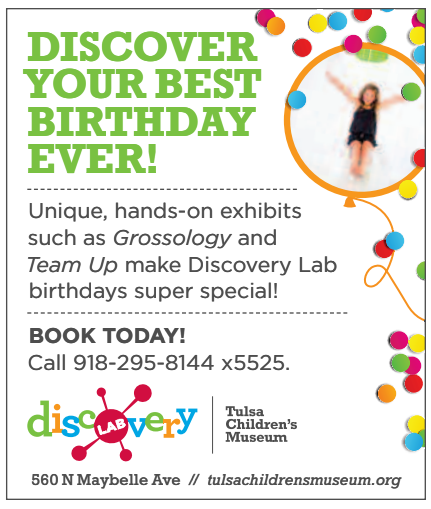
We make birthdays come to life! Children's parties are our specialty and every party is private just for your group. We have an indoor facility with two huge stadiums filled with giant inflatables, an Air Cannon Alley, a Spider Mountain and NEW Daredevil Island inflatable! Your private playtime is followed by time in a private party room. Yes we are big on PRIVATE! Your child will talk about their BounceU party forever..or at least until next year's party comes around!

And Parents love BounceU too! We do all the set up, clean up and everything in between. Our amazing party staff leads the party start to finish managing playtime, food, cake, presents and party favors…even taking pictures! Parents get to relax while we do all the work. If you want to change the experience, add on our super cool COSMIC lights. While we specialize in birthdays, we also welcome groups of all kinds to BounceU. Schools do field trips and end of the year class parties. Churches bring youth groups or host family events here. Summer camps and organizations do field trips too. Even scouts and sports teams hold events with us!



Call BounceU for your next party or group outing! **BounceU Tulsa at 8922 S. Memorial Drive, 918-249-0090 Contact Becky. www.bounceu.com/tulsa-ok • tulsa.ok@bounceu.com**









Nurturing, responsive teachers

Academic curriculum: math, science, phonics, art, and Spanish

Age-appropriate learning centers in each classroom

TRAINING TOMORROW'S LEADERS TODAY!



RHEMA Child Development Center

Call to enroll your child today!

(918) 258-0594

1025 W. Kenosha, Broken Arrow, OK 74012

RhemaChildCare.com

Immediate Openings Available

Great Adventures In Learning



Happy Campers Academy
A Creative Learning Environment
1819 East 15th Street
918-584-2779 (58-HAPPY)
HCAtulsa@gmail.com

Happy Campers at TEMPLE ISRAEL
Moe Gimp Early Learning Center
2004 East 22nd Place
918-747-3122
happycamperstempleisrael@gmail.com

- Ages 6 weeks – 5 Years • Internet Monitoring
- Child-Centered Philosophy
- Full- and Part-time Programs Available

Christian Montessori Academy Summer Camp 2016

Unleash Your Inner Artist!

Elements of Art
Famous Artists
Mixed Media
Projects Galore!

June 1st—July 29th
daily, weekly,
monthly options
Ages 3—12



Our summer camp incorporates geometry concepts, science, history, and language arts skills into the art theme for a fun, educational experience.

Spend your summer learning with us!

www.montessorilearning.org
3702 S 90th East Ave • Tulsa
918.628.6524

Lake Hills Montessori



Lake Hills Montessori is committed to providing quality education for children 2-6 in a safe and loving environment. Lake Hills offers a traditional Montessori curriculum that allows children to learn through exploration and play. In addition to providing an atmosphere of discovery, Lake Hills Montessori also offers enrichment through Dance, Music, Art, Sports, Spanish and Yoga. Come see why children and parents love this school!

Accredited by and Full Member of the American Montessori Society

Jodie Pennington Whitman, Director
Dionne Kizziar, Director
5130 E. 101st St., Bldg.#3
918.296.9936
www.lakehillsmontessori.com

Pre-primary– 2-3 years-old
6:1 student/teacher ratio
Primary– 3-6 years-old
12:1 student/teacher ratio

Hours: 8:30–3:00; Before & After School Care 7:30 a.m.– 5:30 p.m.

BRING YOUR FAMILY AND CELEBRATE WITH US!

MARCH 27, 2016 @ 9:00 & 10:45 am

Easter

SUNDAY

• HE IS RISEN •

SOUTH TULSA BAPTIST CHURCH
10310 S SHERIDAN ROAD, TULSA | 918-299-0904
SOUTHTULSA.ORG



SUPERHERO
— CHALLENGE —

Superhero Fun for the Entire Family, Benefitting the Child Abuse Network

SUNDAY APRIL 3, 2016 1-4PM

POSTOAK Lodge & Retreat, 15 Minutes from Downtown Tulsa

PRESENTING SPONSORS

Two Obstacle Course Challenges:

SUPERHERO CHALLENGE $20 (13 years and older)

SIDEKICK CHALLENGE $20 (12 years and younger)

Register Online: ChildAbuseNetwork.org

For Questions: 918-624-0201 // Facebook.com/CANSuperheroChallenge

Presenting Media Sponsor: ABC 8 TULSA

Additional Sponsors: BlueCross BlueShield of Oklahoma, tulsakids, GEORGE KAISER FAMILY FOUNDATION, LIVE UNITED United Way, GlobalHealth, Tulsa Federal Credit Union, ONEOK, CHAPMAN, can child abuse network



Almighty Sports

SOCCER | REGISTER NOW

on the campus of First Baptist Church Broken Arrow
100 W Albany, Broken Arrow | 61st & Elm
ages 4-12 years (by April 1)

www.almightysports.org | 918.317.2259

IS YOUR CHILD FEELING LOST, HURT OR ALONE?

HELP IS AVAILABLE 24/7.

COPES — a telephone and mobile crisis service — responds around the clock to children and teens experiencing a severe emotional or behavioral disturbance or psychiatric emergency.

918.744.4800
www.fcsok.org

Family & Children's SERVICES



THE TUTORING CENTER

Reading • Writing • Math K-12
One-to-One Instruction

NO CONTRACTS!

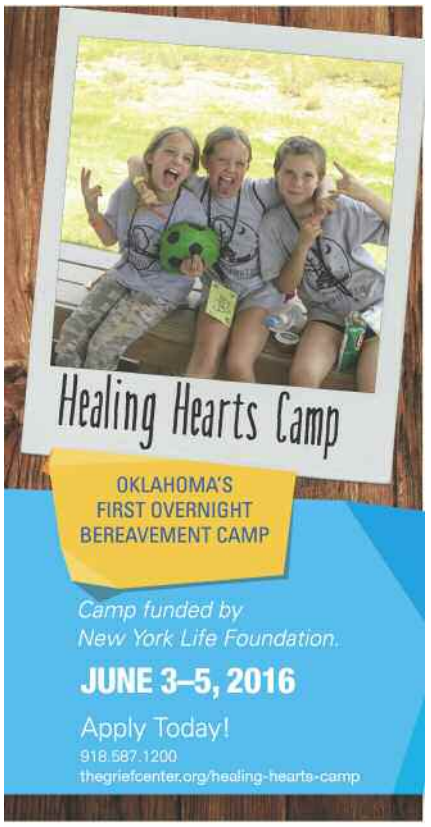
CALL TODAY!

TO SCHEDULE YOUR FREE DIAGNOSTIC ASSESSMENT & TEST CONSULTATION!

(918) 455-3276

www.tutoringcenter.com

2044 W Houston St, Broken Arrow, OK 74012



THE TRISTESSE GRIEF CENTER
HEALING THE GRIEVING HEART

NEW YORK LIFE FOUNDATION

Brought to you by:
The Tristesse Grief Center and the Tulsa Office of New York Life

I'M A TULSA KID

BY MARISA MORGAN

Photo Credit: OH Snap! Photography



In January 67 high school juniors and seniors from across the state of Oklahoma gathered for the first session of The Oklahoma State Department of Education Superintendent's Student Advisory Council. Only one representative from each district was chosen, and Aspen Dixon represented Tulsa. With so many budget cuts and frustrations over education in Oklahoma, the Advisory Council is a tool for students to express their opinions on public education. They will meet again in the spring.

TK: Tell us what exactly the Student Advisory Council is?
Aspen: It is a council of involved and academically driven students all gathered by State Superintendent of Education Hoffmeister. She wanted to get some opinions from different areas and find out what we thought were our biggest issues as a state in our schools.

TK: How did you become a part of it?
Aspen: It was offered to students involved in the Applied Leadership class at Broken Arrow High School, and I applied, interviewed and they selected me.

TK: What kind of issues did you discuss?
Aspen: We discussed EOIs (End-of-Instruction) exams, bullying and teacher pay.

TK: Was there one topic that stood out the most to you?
Aspen: The EOI testing. It is a very talked about subject and whether it's being helpful or hurtful to our education. It was so interesting, it would have been nice if we had met longer!

TK: What did you enjoy about the council?
Aspen: I enjoyed meeting other students from various parts of the state and the students voices being heard and taken into consideration.

TK: What are your plans for the future? Any interest in education as a career?
Aspen: Possibly, I plan on attending OSU and studying science, math and business and seeing what field holds all three, and then going from there.

what's going on(line)?

Dear Reader,
We'd like to thank everyone who participated in our annual Puppy Love contest - and a special shout out to River Trail Animal Hospital for providing the winner with a sweet, pet-friendly goody basket. Look for the winning photo in next month's issue.
We've been pretty busy at the TulsaKids office rounding up all of the spring break, Easter and summer (yes, already) camps and activities. You can take advantage of all the need-to-know info. at tulsakids.com and check out some March highlights below.
- Abby, web editor





march camp preview

Are you a planner? If so, you're going to love this special online preview! Go to www.tulsakids.com//campppreview to find some fantastic summer camps and activities that your children are going to love.

If you're not quite ready to step into summer planning, no worries - the summer planning fun will continue with our annual Summer Camps & Activities Guide in our April issue and online.

Whatever your scheduling-style may be, you can keep up with it all at www.tulsakids.com/guides.



2016 family favorites

It's that time! Every year we ask TulsaKids readers to fill out the family favorites ballot, we tally the votes, and then we award all of the LOCAL businesses and places that make Tulsa a great place to raise a family. Oh, and did we mention that we'll be giving away $100 CASH to three lucky participants? No one knows Tulsa like you do, so share your family's favorites!

Submission Period: February 15 - March 15, 2016

You can find more details and contest rules at www.tulsakids.com/familyfavorites.



win tickets to cinderella

RODGERS and HAMMERSTEIN'S CINDERELLA will play the Tulsa Performing Arts Center for a limited engagement, March 29-April 3. With its fresh new take on the beloved tale of a young woman who is transformed from a chambermaid into a princess, this hilarious and romantic Rodgers and Hammerstein's CINDERELLA combines the story's classic elements – glass slippers, pumpkin, and a beautiful ball along with some surprising twists. More than just a pretty face with the right shoe size, this Cinderella is a contemporary figure living in a fairytale setting. She is a spirited young woman with savvy and soul who doesn't let her rags or her gowns trip her up in her quest for kindness, compassion and forgiveness.
Enter to win at tulsakids.com/contests.



The world is theirs to explore.

THE ADVENTURE BEGINS AT HOLLAND HALL.

#godutch

Follow the journey on Twitter, Facebook, and Instagram @HollandHall

HollandHall.org



TULSA ZOO PRESENTS SPRING BREAK CAMP "THE NATURE OF THE FORCE"
MASTER THE FORCE TO PROTECT AND SAVE OUR ENVIRONMENT
PICK YOUR AGE GROUP OF 5-7 OR 8-12 AND REGISTER TODAY AT TULSAZOO.ORG/CAMPS

MARCH 14 - 18